

DR. SHEENA MISRA GHOSH

Consultant - Psychology

Qualification

MA in Applied Psychology | Specialisation in Psychotherapy & Counselling | Play therapy & Narrative therapy | Currently a PhD scholar

Overview

Dr. Sheena Misra Ghosh is a highly respected and compassionate psychologist based at Manipal Hospitals Broadway in Kolkata, known for her expertise in addressing a wide range of psychological issues and her commitment to improving the mental health and well-being of her patients. With a career dedicated to helping individuals navigate the complexities of emotional and psychological challenges, Dr. Ghosh has become one of the most sought-after therapists in the city. Her patient-centred approach and deep understanding of human behaviour have made her an invaluable asset in the field of mental health care. She is the foremost Psychologist in Broadway. Dr. Ghosh's clinical practice is built on a foundation of empathy, trust, and professionalism, ensuring that every patient feels heard and supported throughout their therapeutic journey. Whether treating anxiety, depression, stress, or behavioural issues, Dr. Ghosh's approach is tailored to meet the specific needs of each individual. Her comprehensive, evidence-based practices are designed to empower patients to overcome their struggles and lead fulfilling, healthy lives. Dr. Sheena Misra Ghosh’s

educational background and professional training are a testament to her expertise in the field of psychology. She holds a Master's degree in Psychology, a qualification that has equipped her with the knowledge and skills to understand the intricacies of the human mind. Throughout her education, Dr. Ghosh focused on various therapeutic methods, including cognitive-behavioural therapy (CBT), solution-focused therapy, and person-centred therapy, which form the core of her therapeutic approach today. In addition to her formal education, Dr. Ghosh has actively participated in continuous professional development programs, attending workshops, seminars, and conferences in psychology and mental health. She stays current with the latest psychological research, ensuring that her practice incorporates evidence-based methods that are proven to be effective in treating a wide range of psychological issues. Dr. Ghosh's commitment to professional growth enables her to provide the best possible care to her patients, drawing from a deep well of knowledge and the latest advancements in the field. Dr. Ghosh's approach to therapy is personalized and client-centred, allowing her to create individualized treatment plans that address the specific needs of each patient. She believes in creating a safe, supportive, and non-judgmental environment where patients can feel comfortable sharing their emotions and struggles. This empathetic environment is the cornerstone of her practice, as it fosters trust and enables meaningful therapeutic progress. One of the primary aspects of Dr. Ghosh's therapeutic philosophy is the recognition that every individual's experiences, goals, and challenges are unique. Rather than offering a one-size-fits-all solution, she tailors her therapeutic techniques to align with the client's specific needs, personality, and life circumstances. This customized approach is particularly effective, as it allows Dr. Ghosh to connect deeply with her clients and offer interventions that resonate with them personally. Her evidence-based methods ensure that patients receive the most up-to-date and effective treatment available. These methods include cognitive-behavioural therapy (CBT),

a widely used and scientifically supported approach that helps individuals identify and change negative thought patterns and behaviours. Solution-focused therapy (SFBT) is another technique that Dr. Ghosh frequently uses, which focuses on finding practical solutions to immediate problems and building on the strengths of the client to overcome challenges. Dr. Ghosh's areas of expertise encompass a broad range of psychological issues, including: Anxiety: Dr. Ghosh helps patients manage and overcome various forms of anxiety, including generalized anxiety disorder, social anxiety, and panic attacks. By utilizing techniques such as relaxation exercises, mindfulness, and CBT, she empowers individuals to reduce anxiety and regain control over their thoughts and emotions. Depression: Depression can significantly impact all aspects of a person's life, and Dr. Ghosh provides compassionate support for those struggling with this condition. Her therapeutic methods help patients identify and challenge negative thinking patterns, build resilience, and re-establish a sense of joy and purpose in their lives. Stress: In today's fast-paced world, stress has become a prevalent issue. Dr. Ghosh works with individuals to manage both short-term and chronic stress. She offers practical strategies for stress reduction, including relaxation techniques, time management, and mindfulness practices, to help patients regain balance and improve their emotional well-being. Behavioural Issues: Dr. Ghosh provides therapy for individuals dealing with behavioural issues, whether these stem from anxiety, childhood trauma, or other factors. Her approach focuses on identifying and understanding the root causes of behaviour, enabling individuals to develop healthier coping mechanisms and achieve long-term behavioural change. Self-Esteem and Personal Growth: Low self-esteem can affect one's ability to lead a fulfilling life. Dr. Ghosh works with patients to boost self-esteem, improve self-worth, and enhance personal development. Her therapeutic methods help individuals recognize their strengths, overcome self-doubt, and gain a more positive outlook on life. Dr. Ghosh's affiliation with Manipal Hospitals

Broadway further solidifies her reputation as a top psychologist in Kolkata. Manipal Hospitals is renowned for its comprehensive approach to healthcare, and Dr. Ghosh's role within this prestigious institution allows her to provide exceptional care to a diverse patient base. Her association with such a respected healthcare platform also reflects her commitment to the highest standards of medical and psychological care. In addition to her clinical work, Dr. Ghosh is dedicated to raising awareness about mental health issues in the broader community. She strongly believes in destigmatizing mental health care and encouraging individuals to seek help when needed. By promoting mental health awareness through seminars, workshops, and media appearances, Dr. Ghosh is actively contributing to changing the narrative surrounding mental health in Kolkata. She works tirelessly to promote open and honest conversations about mental health, emphasizing the importance of seeking professional help when struggling with emotional or psychological difficulties. Dr. Ghosh's efforts to reduce the stigma around mental health have made her a respected figure in the mental health community. Dr. Sheena Misra Ghosh's personal philosophy revolves around the belief that mental health is just as important as physical health. She advocates for early intervention, preventive care, and the creation of supportive environments where individuals can openly express their emotions without fear of judgment. She views therapy as a collaborative process, where the therapist and patient work together to create meaningful, lasting change. Her compassionate, empathetic approach helps patients feel empowered and understood. She believes in listening carefully to her patients, understanding their unique challenges, and working together to find the best solutions. Dr. Ghosh is dedicated to helping her patients build resilience, find balance, and achieve emotional well-being. Dr. Sheena Misra Ghosh is a highly skilled psychologist with a reputation for providing compassionate, evidence-based care to individuals dealing with a variety of psychological issues. Through her work at Manipal Hospitals Broadway and her commitment

to mental health awareness, Dr. Ghosh has established herself as a leading figure in Kolkata's mental health community. Her individualized therapeutic approach, expertise in anxiety, depression, stress, and behavioural issues, and dedication to fostering open discussions about mental health make her a trusted and valued professional. Whether you are struggling with emotional challenges, seeking personal growth, or looking for ways to manage stress, Dr. Ghosh's caring and holistic approach to therapy can help you achieve the emotional balance and mental clarity needed to live a fulfilling life.

Languages Spoken

- English
- Bengali
- Hindi