

MS. SNEHA DEY

Visiting Consultant - Psychology

Qualification

BSc | MSc (Clinical Psychology) | PGD in Psychiatric Counselling

Overview

Ms. Sneha Dey is a well-regarded visiting consultant serving in the Department of Psychology at Manipal Hospitals, Dhakuria, with 9 years of professional experience. She pursued her BSc and an MSc in Clinical Psychology, further enhancing her expertise with a post-graduate diploma (PGD) in Psychiatric Counselling. With a strong academic background and a passion for helping clients, she is dedicated to providing compassionate care. She is the foremost Psychology Doctor in Dhakuria. Ms. Dey’s special areas of interest include counselling, child care management, parenting management, student stress handling, interpersonal relation building, adjustment problems, anxiety and stress handling, and Psychotherapy with an eclectic approach. She offers counselling sessions to clients across all age groups. Additionally, she is committed to supporting the LGBTQIA+ community and providing a safe space for all individuals. She exhibits a strong desire to explore the profession of psychology by implementing her skills and wants to spread awareness through different workshops for people. Apart from her clinical practice, Ms. Dey is also an enthusiastic researcher and academician. Her notable work includes a dissertation

project named “A Comparative Study Based on Academic Stress, Personality, and Resilience among School and College Students” under Dr. Jhuma Mukherjee (June 2018 to November 2018). She has also contributed to a book chapter named “Academic Stress and Resilience: A Comparative Study on School and College Students” published in Neuro-Bioinformation: Mind-body Research in Relation to Yoga and Bioinformatics. She regularly conducts workshops and awareness programmes related to mental health and gender fluidity, furthering her mission to spread psychological awareness and promote mental well-being. Fluent in English, Bengali, and Hindi, Ms. Sneha Dey ensures effective communication with her clients, fostering trust and clarity in every interaction. Her unwavering commitment, compassionate nature, friendliness with all age groups, and understanding of her client's needs make her a leading psychology consultant in the state.

Field of Expertise

- Specialises in Counselling and Psychotherapy, addressing mental health issues across all age groups and improving their mental well-being.
- Expertise in child behaviour management and parenting strategies to help promote desirable behaviours in children.
- Skilled in addressing stress, anxiety, and adjustment issues, offering support to the individual during challenging situations

Languages Spoken

- English
- Bengali
- Hindi

Talks & Publications

- A dissertation project named “A Comparative Study Based on Academic Stress, Personality, and Resilience among School and College Students under Dr. Jhuma Mukherjee (June 2018 to November 2018).
- A book chapter named “Academic Stress and Resilience: A Comparative Study in School and College Students was published in a book named Neuro-Bio Information: Mind-body Research in Relation with Yoga and Bioinformatics.