

MS. SAHELY GANGULY

Consultant - Psychology (Clinical Psychologist)

Qualification

M.Phil (Medical & Social Psychology-RCI) | M.A (Clinical Psychology) | PhD Research Scholar (Clinical Psychology)

Overview

Dr. Sahely Ganguly is an acclaimed RCI-registered Clinical Psychologist and Psychotherapist at the Department of Psychology, Manipal Hospitals, Dhakuria. She holds a strong academic background with an M.Phil in Medical & Social Psychology, an M.A. in Clinical Psychology, and is currently a PhD. Research Scholar in Clinical Psychology. Dr. Ganguly is a licensed Clinical Psychologist recognized by the Rehabilitation Council of India (RCI). Dr. Sahely Ganguly is dedicated towards providing compassionate, evidence-based psychotherapeutic counselling and therapy session and care. With over 14 years of continuous experience in the field, Dr. Sahely Ganguly’s excellence stems from hands-on training across numerous esteemed institutions across the nation. She has specialized expertise in various areas of psychotherapy, including marital and couple therapy, cognitive behavior therapy (CBT) for depression, panic disorder, Grief counselling, adolescent issues, child behavioural problems, ADHD and behaviour modification, as well as Motivational Enhancement Therapy for addictions, attention enhancement skill training, stress management, queer-affirmative and mindfulness training. She also has

extensive research experience focusing on social media–related adolescent preoccupation and its management. Dr. Sahely Ganguly follows a queer-affirmative approach in her clinical practice, ensuring inclusivity and respect for LGBTQIA+ identities. Apart from her clinical expertise, Dr. Sahely Ganguly is deeply committed to continuous learning and professional growth. She actively participates in conferences, research studies, and academic collaborations, consistently striving to uphold excellence and stay at the forefront of developments in her field. She prioritizes spreading awareness about the importance of mental health and regularly conducts workshops and training sessions at various esteemed institutes. Through effective communication that fosters trust and clarity in every interaction, Dr. Sahely Ganguly's approach combines compassion, empathy, and evidence based professional guidance to support the overall well-being of her clients. Dr. Sahely Ganguly also contributes her expertise to various prestigious magazines, Radio shows, newspapers, news media platforms on mental health–related issues. She regularly provides expert opinions and insights through columns, articles, and panel discussions, helping to promote mental health awareness and foster informed conversations in the community.

Fellowship & Membership

- Life Associate Member of the Indian Psychiatric Society [IPS]

Field of Expertise

- Marital therapy/Couple Therapy
- Cognitive Behavior Therapy (CBT) for OCD
- Panic disorder
- Grief Counselling
- Depression

- Queer-affirmative therapy
- Child and adolescent behavioural issues
- Motivational Enhancement Therapy
- ADHD and attention enhancement skill training
- Stress Management
- Mindfulness Training
- Emotional Wellbeing
- Child Counselling
- Behavioural Modification
- Parenting Skill Training

Languages Spoken

- English
- Bengali
- Hindi