

MS. SHRUTHI H V

Counselling Psychologist

Qualification

M Sc Psychology

Overview

Ms. Shruthi H V is an empathetic and dedicated counselling psychologist in Electronics City, Bengaluru, bringing specialised clinical expertise in evidence-based psychotherapeutic interventions, mental health assessments, and emotional wellness. She is currently practising as a Counselling Psychologist at Manipal Hospital Electronics City, Bengaluru, where she delivers client-centred psychological support for individuals across diverse age groups. Known for her collaborative, non-judgmental therapeutic style and structured approach to emotional regulation, Ms. Shruthi is regarded as one of the best psychologists in Electronics City, Bangalore. Ms. Shruthi completed her postgraduate education, earning a Master of Science (M.Sc.) in Psychology. With over 2 years of focused professional experience in mental healthcare, her therapeutic practice is grounded in empathy, clinical diligence, and individualised intervention planning. She employs an integrative, multi-modal psychological framework drawing from Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT) skills, and mindfulness-based approaches to tailor interventions to each

individual’s unique psychological needs. At Manipal Hospital Electronics City, Ms. Shruthi H V provides comprehensive outpatient counselling and psychotherapeutic care. As the best psychologists in Electronics City, Bangalore, her clinical focus covers anxiety disorders, generalised anxiety, panic, chronic stress, workplace burnout, and depressive symptoms or low moods. She works extensively with clients navigating interpersonal relationship challenges, life transitions, and adjustment difficulties, guiding them through deeper self-exploration and constructive coping strategies. In addition, she possesses expertise in administering, scoring, and interpreting formal psychological assessments, using diagnostic insights to formulate targeted intervention roadmaps, personal skill-building exercises, and emotional regulation techniques. Fluent in English, Kannada, and Hindi, Ms. Shruthi combines clinical insight with genuine warmth and active listening, fostering a safe and supportive therapeutic environment where clients can build resilience, manage emotional distress, and achieve long-term psychological well-being.

Field of Expertise

- Anxiety
- Stress and Burnout Management
- Depression
- Emotional Regulation
- Interpersonal Dificulties and Adjustment Difficulties
- Psychological Assessments and Skill Building

Languages Spoken

- English
- Kannada
- Hindi