



## **DR. MALA MURLIDHAR**

Consultant - Psychologist

### **Qualification**

MS - Counselling and Psychotherapy | PhD - Psychology

### **Overview**

Dr. Mala Murlidhar is a Consultant Psychologist at Manipal Hospital, Jayanagar, with 17 years of experience who specialises in mental health and well-being. She has earned a reputation as a respected authority in the field of psychology thanks to her substantial credentials, years of experience, and commitment to her career. Dr. Mala Murlidhar has an impressive academic background. She completed her Bachelor's degree in Psychology from Bangalore University in 1996. Recognising her passion for helping others and understanding the complexities of the human mind, she pursued a Master's degree in Counselling and Psychotherapy from Kuvempu University in 2011. Continuing her pursuit of knowledge, she earned her PhD in Psychology from Jain University in 2017. Dr. Mala Murlidhar has developed her competence in numerous facets of mental health, building on a strong basis in psychology. She specialises in delivering treatments for personality disorders, addiction, obsessive-compulsive disorder (OCD), depression, and anxiety. She also offers marriage therapy. She has a thorough awareness of these issues and uses methods supported by evidence to assist her patients in overcoming

obstacles and leading satisfying lives. Dr. Mala Murlidhar has received honours throughout her career for her outstanding contributions to psychology. She has a solid reputation as a dependable and trustworthy consulting psychologist because of her passion for serving others and her patients. In conclusion, Dr. Mala Murlidhar is a highly skilled and experienced consulting psychologist with a focus on treatments for personality disorders, drug addiction disorders, OCD, depression, and anxiety. For the same reason, she is considered the foremost psychologist in Jayanagar. Dr. Mala Murlidhar, with her years of expertise in counselling and psychotherapy, has been effective in assisting many individuals, couples, and families on their path to healing and personal development. Her kind and caring demeanour foster a secure and encouraging environment where patients feel at ease expressing their innermost worries and anxieties. In order to meet the various demands of her patients, Dr. Mala Murlidhar provides a variety of services. She offers premarital counselling, relationship counselling, relationship counselling, child psychology, depression and anxiety treatments, substance abuse and addiction therapies, stress management counselling, anger management, and family counselling. She also offers marriage and marital counselling. She can treat a variety of psychological disorders and help people make good changes because of her extensive knowledge. Dr. Mala Murlidhar is fluent in English, Kannada, and Hindi languages and makes sure there is clear communication between her and her patients. It allows them to express themselves freely, and their issues can be understood thoroughly so that appropriate treatment care can be provided. She continues to have a beneficial influence on her patients' life by assisting them in overcoming obstacles and achieving the highest level of mental wellness thanks to her wealth of knowledge, kind demeanour, and wide range of services.

### **Field of Expertise**

- Therapies for depression
- Anxiety
- OCD
- Marital therapy
- Treatment for personality disorders
- Substance abuse disorders

### **Languages Spoken**

- English
- Kannada
- Hindi

### **Awards & Achievements**

- 12 years of experience in counselling and psychotherapy.