

DR. MALA MURLIDHAR

Consultant - Psychology

Qualification

BA (PSYCHOLOGY) | MA (COUNSELLING & PSYCHOTHERAPY) | PhD (PSYCHOLOGY)

Overview

Dr. Mala Murlidhar is an expert psychologist with over 17 years of experience in evidence-based therapeutic interventions for mental health conditions. Her expertise includes the management of depression, anxiety disorders, OCD, personality disorders, and substance abuse management, alongside comprehensive marital and family counselling. As one of the best psychologists in Jayanagar, Bangalore, Dr Murlidhar is committed to providing a compassionate, secure, and structured therapeutic environment. To this end, she integrates psychological approaches to support personal development and healing. Her clinical practice focuses on individual assessment, relationship counselling, stress and anger management, and tailored psychotherapeutic strategies to enhance overall mental wellness.

Field of Expertise

- Therapies for depression and anxiety disorders
- Obsessive-Compulsive Disorder (OCD) management
- Treatment for personality disorders

- Substance abuse and addiction therapies
- Marital, premarital, and family counselling
- Stress and anger management
- Child psychology and counselling

Languages Spoken

- English
- Kannada
- Hindi

Awards & Achievements

- Recognised for over a decade of dedicated clinical contributions to counselling and psychotherapy.