



MS. BERNICE MARIYA RANI G

Consultant – Psychology, Child Life Therapy

Qualification

MSc Counselling Psychology | BA - Psychology, Journalism, English Literature | Trained in Child Life Practices | Mindfulness - Art Therapy | Therapeutic Play and Paediatric Psychosocial

Overview

Ms. Bernice Mariya Rani G is a highly skilled psychologist in Kanakapura Road. She is currently practising as a Consultant – Psychology, Child Life Therapy at Manipal Hospital Kanakapura Road, Bangalore, bringing specialised expertise in paediatric psychosocial care to support children, adolescents, and families navigating emotional, behavioural, and medical challenges. With a strong academic foundation in counselling psychology with a Master of Science in Counselling Psychology and hands-on experience across inpatient and outpatient paediatric settings, Ms. Bernice has developed a nuanced, child-centred approach that places emotional safety, resilience, and empowerment at the heart of care. Ms. Bernice is skilled in using therapeutic play, play therapy, emotional preparation, and child-centred communication to reduce fear and anxiety. Her work especially focuses on helping children cope with anxiety, behavioural concerns, developmental and adjustment difficulties, medical trauma, and the emotional stress associated with hospitalisation and medical procedures. Through age-appropriate explanations, play-based

interventions, and expressive techniques, she helps children gain a sense of predictability and control, two critical factors in reducing medical anxiety. At Manipal Hospital Kanakapura Road, Ms. Bernice plays a vital role within the Pediatrics – Child Life Services and Psychology Unit. She works closely with paediatricians, nurses, psychologists, and allied healthcare professionals to ensure that every child receives holistic, individualised, and evidence-based psychosocial support. Her collaborative approach allows emotional care to be seamlessly integrated into medical treatment plans, helping children feel understood rather than overwhelmed by their healthcare journey. Ms. Bernice provides counselling for behavioural issues, academic stress, bullying, attention difficulties, emotional regulation concerns, and social adjustment challenges. She also addresses psychological difficulties arising from family dynamics, including sibling rivalry, parental conflict, separation anxiety, and caregiver stress. Her sessions are designed to create a safe, non-judgmental space where children can express fears, build coping skills, and develop emotional literacy. She also conducts group counselling sessions, workshops, and psychoeducation programmes on emotional well-being, coping skills, mindfulness, and resilience for children, parents, and caregivers. Trained in Cognitive Behavioural Therapy (CBT), Play Therapy, Mindfulness-based interventions, and Art Therapy, Ms. Bernice tailors each intervention to the child's developmental stage, emotional needs, and cultural context. In addition to direct therapy, Ms. Bernice is actively involved in procedure preparation and bedside support, staying with children during medical procedures to provide distraction, reassurance, and grounding techniques. Adolescents and adults also benefit from her counselling services, particularly for stress management, emotional regulation, and life transitions, making her a trusted mental health professional for families seeking the best child psychologist in Kanakapura Road. A compassionate and goal-oriented professional, Ms. Bernice maintains detailed documentation, therapy progress notes, and follow-ups to ensure continuity of care. Fluent in

English, Kannada, Tamil, and Telugu, Ms. Bernice connects effortlessly with children and families from diverse backgrounds, ensuring communication is warm, clear, and culturally sensitive. Her calm demeanour, empathy, and ability to truly listen make her a reassuring presence for families during emotionally challenging times.

Field of Expertise

- Pediatric Psychological Care
- Counselling - Child and Adult
- Mindfulness - Art Therapy
- Play Therapy
- Cognitive Behavioral Therapy
- Workshops
- Career Guidance
- Group Counselling
- Procedure Preparation

Languages Spoken

- English
- Kannada
- Tamil
- Telugu