

DR. CHAYYA PALAN

Consultant - Clinical Psychology

Qualification

BA | MA CLINICAL PSYCHOLOGY | PDCP

Overview

Dr. Chayya Palan is an RCI-licensed Consultant Clinical Psychologist (A) and Psychotherapist at Manipal Hospitals, Kharadi, Pune, with over 11 years of experience in the field of psychology and mental healthcare. She holds a Master's degree in Clinical Psychology, a Professional Diploma in Clinical Psychology (PDCP), and an Advanced Diploma in Counselling Psychology, along with specialised training in various psychotherapeutic practices. Her expertise spans a wide spectrum of psychological concerns, including anxiety, depression, stress management, insomnia, psychosomatic disorders, OCD, PTSD, phobias, adolescent issues, relationship concerns, couple counselling, and behaviour modification. She is also proficient in prenatal, perinatal, and postnatal counselling, parent-child therapy, and adolescent counselling. Dr. Chayya adopts an eclectic therapeutic approach, tailoring each intervention to the individual needs of her clients. She draws on evidence-based modalities, including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Rational Emotive Behaviour Therapy (REBT), Motivational Enhancement Therapy (MET), Exposure and Response Prevention (ERP), and Mindfulness-Based

Cognitive Therapy (MBCT). In addition, she integrates positive psychology interventions, behaviour modification techniques, and supportive counselling methods to provide holistic and personalised care. With a strong focus on psychodiagnosis, psychometric assessments, and psychotherapy, Dr. Chayya has successfully guided individuals through diverse challenges, helping them enhance resilience, improve emotional well-being, and achieve personal growth. Her commitment lies in offering compassionate and comprehensive psychological care, enabling patients to navigate life's complexities with clarity and confidence. At Manipal Hospitals Kharadi, Dr. Chayya Palan continues to make a positive impact, empowering individuals to strengthen their mental health and live more balanced, fulfilling lives.

Field of Expertise

- Psychodiagnosis.
- Psychometric assessments and Psychotherapy.
- Anxiety.
- Depression.
- Stress Management.
- Work-life Balance.
- Insomnia.
- Psycho-Somatic Disorders.
- Relationship issues.
- Couple Counselling.
- Prenatal.
- Perinatal and Postnatal Counselling.
- lifestyle and Behavior Modification.
- Parent-child Counselling.
- Adolescent issues.
- OCD.
- Phobia.
- PTSD.

Languages Spoken

- English
- Hindi
- Marathi
- Gujrati