



MS. SHREYA M NICHANI

Consultant - Child Life Services (Psychology)

Qualification

BA (Psychology, Sociology & English) | MSc Clinical Psychology | PG Diploma in Counselling Psychology | Yoga Instructor Certification (SVYASA)

Overview

Ms. Shreya M Nichani is a dedicated Consultant – Child Life Services (Psychology) at Manipal Hospital Millers Road, Bangalore, committed to promoting holistic mental and emotional well-being among children and adolescents. With a strong academic foundation in Clinical Psychology, Counselling Psychology, Sociology, and English, Ms. Shreya integrates evidence-based psychological approaches with child-centric therapeutic interventions. Her expertise spans child life services, counselling psychology, emotional support interventions, play-based therapy, behavioral assessments, and pediatric mental health care, helping children and families navigate emotional and psychological challenges associated with illness and hospitalization. Ms. Shreya completed her undergraduate degree in Psychology, Sociology, and English from Christ University, Bangalore, followed by a Master's degree in Clinical Psychology from Jain (Deemed-to-be University). She further strengthened her clinical expertise by pursuing a Postgraduate Diploma in Counselling Psychology from Christ University, gaining advanced exposure to psychological assessments,

counselling techniques, mental health disorders, and therapeutic interventions across the lifespan. In addition, she has completed a Yoga Instructor Certification from SVYASA University, enabling her to integrate traditional mind-body practices into modern mental health frameworks. Throughout her clinical journey, Ms. Shreya has gained valuable experience through internships and training at several reputed institutions. As a Trainee Psychologist at Prabhav Trust, she provided supervised counselling services, conducted intake assessments, facilitated group therapy sessions, and participated in case conceptualization and clinical documentation. During her tenure as a Child Life Specialist Intern at Manipal Hospitals, Whitefield, she utilized play-based interventions to reduce anxiety, distress, and pain perception among hospitalized children while supporting their emotional adjustment during medical procedures and hospital stays. She also worked as a Child Life Specialist Intern at Aster DM Healthcare, where she collaborated with multidisciplinary healthcare teams and supported pediatric patients through therapeutic interventions and behavioral observations. Ms. Shreya's training at the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, provided her with exposure to a wide range of child and adolescent psychiatric conditions, including ADHD, Autism Spectrum Disorders, Schizophrenia, Major Depressive Disorder, Organic Psychosis, and Dissociative Disorders. Additionally, through her research internship and yoga instruction experience at Christ University, she explored the role of yoga in emotional regulation and psychological well-being, promoting a holistic approach to mental healthcare. Her volunteer work in mental health advocacy and community outreach further reflects her commitment to accessible mental health support and psychological wellness. With her compassionate approach, strong clinical foundation, and passion for pediatric mental health, Ms. Shreya M Nichani continues to provide comprehensive psychological care and emotional support to children and their families.

Field of Expertise

- Child and Adolescent Mental Health
- Pediatric Emotional Support
- Clinical Psychology
- Counselling Psychology
- Play-Based Interventions
- Cognitive Behavioural Therapy (CBT)
- Rational Emotive Behaviour Therapy (REBT)
- Family Counselling
- Procedure Preparation and Coping Support
- Psychoeducation
- Group Therapy
- Psychological Assessment
- Emotional Resilience Training
- Mind-Body Interventions
- Stress Management

Languages Spoken

- English
- Hindi
- Tamil