



MS. RASHMIKA NARAYAN

Consultant - Clinical Psychologist

Qualification

Msc in clinical Psychology

Overview

Ms. Rashmika Narayan is a compassionate and highly experienced Clinical Psychologist dedicated to supporting individuals through their mental health journeys with personalized, evidence-based practices. She is currently practicing as a Consultant - Clinical Psychologist at Manipal Hospital Sarjapur Road, Bangalore. With extensive academic training and clinical expertise, she specializes in conducting comprehensive psychological and neuropsychological assessments and delivering effective therapeutic interventions across a wide range of mental health conditions. Her expertise lies specifically in the accurate evaluation and interpretation of psychological and neuropsychological assessments, with a key focus on cases involving memory-related concerns and neurological conditions. Ms. Rashmika is highly skilled in identifying cognitive impairments, accurately differentiating between psychiatric and neurocognitive disorders, and providing clear, actionable diagnostic insights that are crucial for effective treatment planning. Ms. Rashmika works with a diverse clients including adolescents, adults, and older adults. She addresses a wide spectrum of mental health challenges such as anxiety, depression, stress,

trauma, behavioural issues, personality disorders, and adjustment difficulties. Her therapeutic framework is flexible and integrative, incorporating established methods like Cognitive Behavioural Therapy (CBT), psychodynamic techniques, and client-centred methods, all tailored to suit the individual needs and therapeutic goals of her clients. Known for her empathetic communication and structured, professional approach, Ms. Rashmika fosters a safe and non-judgmental space where clients feel genuinely heard, supported, and ultimately empowered to make meaningful and lasting changes in their lives. Whether clients seek help for emotional distress, cognitive decline, or simply wish to proactively improve their overall psychological well-being, Ms. Rashmika brings clinical insight, professionalism, and warmth to every interaction.

Fellowship & Membership

- Fellowship in CBT insomnia Online

Field of Expertise

- Common Mental disorders like Neuropsychological Assessments
- Memory Disorders and Cognitive Decline
- Dementia and Alzheimer's-related Evaluation
- Psychological Testing & Diagnosis
- Intelligence and Personality Assessment
- Trauma and PTSD Management
- Anxiety and Depression Treatment
- Obsessive Compulsive Disorder (OCD)
- Stress Management
- Mood Disorders
- Grief and Loss Counselling
- Behavioural Issues in Adults and Adolescents

- Adjustment Disorders
- Relationship and Interpersonal Issues
- Cognitive Behavioural Therapy (CBT)
- Supportive and Insight-Oriented Therapy
- Therapy for Neurological Patients and Caregivers
- Career counselling

Languages Spoken

- English
- Tamil
- Kannada
- Hindi