



MS. LAYA R K

Child Life Services - Psychology

Qualification

Psychologist, MA in Counselling Psychology | MCA

Overview

Ms. Laya R K is an experienced paediatric mental health specialist in Sarjapur Road, bringing a structured, compassionate, and forward-thinking approach to paediatric psychosocial care within hospital settings. She is currently practising as a Child Life Therapist - Psychologist at Manipal Hospital, Sarjapur Road, Bangalore. Trained as a psychologist with a master's degree in Counselling Psychology, she works at the intersection of mental health, child development, and healthcare, supporting children and families as they navigate medical experiences. Her professional role focuses on providing developmentally appropriate psychological and emotional support to children facing illness, hospitalisation, or medical procedures. She works closely with paediatric patients to reduce fear, anxiety, and distress by helping them understand medical experiences in a safe and age-appropriate manner. Her approach is grounded in evidence-based psychosocial practices and trauma-informed care, ensuring that emotional well-being is integrated into clinical treatment plans. Ms. Laya R K has extensive experience in hospital-based interventions, family-centred care, and counselling support for children across

various age groups. She plays an active role in preparing children for medical procedures, supporting coping strategies during hospital stays, and helping families adapt to the emotional challenges that accompany illness or treatment. Her work emphasises empowering children with information, choice, and emotional safety, allowing them to feel heard and supported within the healthcare environment. In addition to direct patient care, she is recognised for her leadership-oriented mindset and system-level contributions to paediatric care delivery. She has been involved in guiding interns, mentoring emerging professionals, and training multidisciplinary healthcare teams on child-centred and psychologically sensitive approaches. Through structured programs and educational resources, she supports the integration of consistent psychosocial practices across departments, strengthening collaboration between clinical teams and mental health services. Her professional strengths include crisis response, emotional regulation support, family advocacy, and the creation of therapeutic environments that prioritise trust and communication. She is particularly skilled in addressing procedural anxiety, adjustment difficulties, and stress responses in children, while also supporting caregivers through education and counselling. Ms. Laya R K is known for her clarity in communication, empathetic engagement, and commitment to high standards of paediatric psychological care. Fluent in English, Kannada, Tamil, Malayalam, and Hindi, she is able to connect effectively with families from diverse cultural and linguistic backgrounds. Her work reflects a sustained commitment to improving paediatric healthcare experiences by placing the emotional and psychological needs of children and families at the centre of care delivery. Through her role in Child Life Services and Psychology, Ms. Laya R K contributes meaningfully to holistic paediatric care, combining clinical insight, structured program development, and compassionate advocacy to support children through some of their most vulnerable moments.

Field of Expertise

- Counselling Pediatric psychological care
- Hospital-based intervention
- Family-centred care

Languages Spoken

- English
- Kannada
- Tamil
- Malayalam
- Hindi