



MS. SANSE BHATT

Consultant - Clinical Psychology

Qualification

BA in Applied Psychology | MA in Clinical Psychology | M.Phil in Clinical Psychology | PhD Scholar

Overview

Finding the right psychological support can be one of the most important steps toward healing and personal growth. Ms. Sanse Bhatt, currently serving as Consultant Clinical Psychologist at Manipal Hospital Sarjapur Road, is dedicated to helping individuals navigate emotional, behavioural, and psychological challenges with compassion, understanding, and respect. She believes that meaningful change begins when people feel safe enough to express themselves openly, and she strives to create a supportive, non-judgemental environment where every individual feels heard and valued. With over five years of clinical experience and advanced training in clinical psychology, Ms. Bhatt is known as one of the best clinical psychologists in Sarjapur; she works with children, adolescents, adults, couples, families, and LGBTQ+ individuals from diverse backgrounds. Her approach is collaborative and personalised, recognising that no two individuals experience life's challenges in the same way. She focuses on understanding each person's unique experiences, strengths, and goals to provide care that is both effective and meaningful. Ms. Bhatt has extensive experience supporting individuals facing anxiety, depression,

stress, panic attacks, obsessive-compulsive disorder (OCD), bipolar disorder, personality disorders, autism spectrum disorder (ASD), ADHD, intellectual disabilities, conduct disorders, and substance addiction. She also conducts comprehensive psychological assessments and psycho-diagnostic evaluations, helping individuals and families gain clarity, insight, and guidance for the road ahead. Her therapeutic practice integrates a wide range of evidence-based approaches, including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT), EMDR, Trauma-Focused CBT, Mindfulness-Based Cognitive Therapy (MBCT), and other specialised interventions tailored to individual needs. In addition to her clinical work, Ms. Bhatt is actively involved in research and academic pursuits, with interests spanning trauma and resilience, men's mental health, psycho-oncology, and the influence of social media on identity and self-perception. Through her work, she remains committed to empowering individuals with the tools, insight, and confidence needed to overcome challenges, build resilience, and lead more fulfilling lives.

Field of Expertise

- Depression, Anxiety, Panic Attacks, Acute Stress, OCD
- Bipolar Disorder, Personality Disorders
- Autism, ADHD, Intellectual Disability, Conduct Disorders
- LGBTQ+ Affirmative and Inclusive Counseling

Languages Spoken

- English
- Hindi

Awards & Achievements

- Best Paper Award for Me, Myself and I: Influence Of Social Media On One's Sense Of Self in International Conference of the Indian Academy of Applied Psychology.

Talks & Publications

- Me Myself and I: Influence Of Social Media On One's Sense Of Self.
- Men's Therapy Empowerment: Masculinity, Self-Stigma, Help-Seeking Intentions and Emotional Expression Among Men Seeking Psychotherapy.
- Trauma, Resilience and Post-Traumatic Growth: Navigating Adversity and Fostering Recovery.
- Navigating Cancer: Psychological Burden and Therapeutic Insights. [Current Psychology, Volume 6]