



MS. ABHA AGARWAL

Psychologist & Therapist, Department of Psychology and Counselling

Qualification

MA (Clinical Psychology)

Overview

Ms. Abha Agarwal is an experienced psychologist and therapist with over 17 years of expertise in supporting individuals across different age groups through emotional healing, self-discovery, and mental wellness. She specialises in helping individuals navigate anxiety, emotional distress, trauma, relationship challenges, low self-esteem, and life transitions through compassionate, structured, and personalised therapy. Her therapeutic approach combines psychological insight, emotional understanding, and practical coping strategies to help clients reconnect with their authentic selves and achieve emotional clarity. Ms. Agarwal creates a safe, empathetic, and non-judgmental environment where individuals can openly express their thoughts, emotions, and concerns while working towards healing and personal growth. She works closely with women seeking to rebuild self-worth, confidence, identity, and emotional strength while helping them step away from unhealthy or toxic emotional patterns. She provides specialised support for teens and adolescents facing peer pressure, academic stress, emotional intensity, behavioural concerns, and self-esteem challenges. Her expertise also includes counselling

children experiencing anxiety, behavioural issues, emotional dysregulation, or difficulties coping with changing environments and emotional experiences. Ms. Agarwal supports adults dealing with trauma, burnout, emotional exhaustion, grief, stress, and major life transitions by helping them build resilience and emotional stability. She offers couples therapy focused on improving communication, resolving conflicts, rebuilding emotional connection, and strengthening healthy relationship dynamics. Alongside therapy sessions, she designs and conducts interactive mental wellness workshops for children, adolescents, adults, couples, caregivers, schools, colleges, workplaces, and community groups. Her workshops focus on important areas such as stress and anxiety management, emotional intelligence, mindfulness, resilience building, confidence development, emotional regulation, and relationship management. She strongly believes that emotional wellness is not only about coping with challenges but also about developing self-awareness, emotional safety, inner balance, and a fulfilling life. Through her personalised therapeutic guidance, Ms. Agarwal empowers individuals to understand emotional triggers, break unhealthy behavioural cycles, and develop healthier coping mechanisms. Her patient-centric and compassionate approach helps clients gradually rebuild emotional confidence, strengthen mental resilience, and create meaningful positive changes in their personal and emotional lives. Ms. Abha Agarwal is deeply committed to promoting mental health awareness and emotional education, encouraging individuals to prioritise psychological well-being and seek support without hesitation.

Fellowship & Membership

- American Psychological Association (Affiliate)
- Counsellor Council of India

Field of Expertise

- Anxiety and panic attacks
- Chronic stress and emotional overwhelm
- Past emotional wounds
- Overthinking, sleeplessness, burnout
- Low confidence, self-doubt and identity loss
- Toxic relationships and boundary challenges
- Emotional dysregulation in children and adolescents

Talks & Publications

- Conducted multiple mental health talks and workshops in schools, colleges, and community settings.
- Delivered sessions on anxiety management, stress reduction, and emotional resilience.
- Facilitated workshops on communication skills, relationship dynamics, and conflict resolution.
- Engaged with adolescents and students on self-esteem, peer pressure, and emotional well-being.
- Conducted awareness sessions for parents and families on mental health and supportive communication.
- Known for an interactive, practical, and relatable session delivery style.
- Experience in handling group sessions, psycho-education workshops, and guided discussions.