

MS. ANAMIKA GUPTA

Counselling Psychologist

Qualification

PG Diploma in child and adolescence | Counselling | PhD in Psychology

Overview

Ms. Anamika Gupta always wanted to pursue a career that changed the world for the better since her college days. She is a Counselling Psychologist at the Manipal Hospital, Whitefield, Bangalore. Being a counsellor for many years, she has gathered experience worldwide. She is a trained professional in psychotherapy, counselling, stress management, and life coaching. She is also pursuing her PhD in the field of Child Psychology. Ms. Gupta is a NABH-accredited Consultant Counselling Psychologist at RxDx Healthcare along with Manipal Hospital and Practo. She is a scholar in 'The Science of Well-being' from Yale University, USA. Being a certified Vedin Indian Psychologist from NIMHANS, her approach towards the patients includes humanity blended with ancient wisdom. Dr. Gupta has a PG diploma in Child and Adolescent Counselling from the Indian Council of Peace and Education Mission and the Complimentary Therapists Accredited Association. She is a multifaceted counsellor, offering various services to her patients, such as family therapy, life coaching for young adults, pre-marital counselling, anger management, domestic violence and abuse counselling, relationship counselling, and anxiety management. During

the COVID-19 period, she worked with patients who needed grief and COVID counselling. She is associated with another program called SAHRIDAYI, an initiative by Asha The Hope. She counsels people dealing with different life issues, irrespective of their age groups. She speaks multiple languages, including Hindi, Punjabi, English, Bengali, and Gujarati. Ms Anamika Gupta is one of the best psychologists in Bangalore. Dr. Anamika Gupta has completed her Master's in Psychology from Kurukshetra University. She has also attended the SYMPOSIUM on Indian Psychology for Health and Well-being Indic Academy, NIMHANS. According to the rules and bylaws made by the American Psychological Association, she has been elected to the international status. She also has a CE accreditation from the United Kingdom. Ms. Gupta holds a diploma in Child Psychology from Mount Bridge University, United States. Additionally, she has completed several diploma courses held by 'Asha The Hope,' such as Diploma in Relationship Counselling, Diploma in Grief Counselling, and Diploma in Child and Adolescent Counselling. She is also involved with Asha The Hope as a Certified Mentor and Educator. Also, she has worked with several NGOs; one of the most prominent organisations is Bembala, which is dedicated to women's empowerment and supporting the victims of domestic violence. Her involvement in social work is laudable - not only in India but also in the United States. Ms. Anamika Gupta has always been a support to women suffering from domestic abuse and children dealing with adolescent issues. She is an appreciated life coach for teenagers. She has counselled and coached many patients to regain self-confidence and positive mental health. Ms. Anamika has also worked with the LGBTQ community, supporting their societal struggles.

Fellowship & Membership

- Life Member Of Counsellors council of India.
- Member Of ATH, India.

- Elected to INTERNATIONAL status as per the Bylaws and Association Rules of the American Psychological Association.

Field of Expertise

- Psychotherapy and Counseling
- Life Coaching for young adults and adolescents
- Positive Mental Health and well-being
- Building SELF-ESTEEM AND CONFIDENCE
- PRE-MARITAL Counseling
- Relationship Counseling
- Family Therapy
- Emotional-intelligence
- Anger, anxiety management
- Domestic violence,abuse
- Stress management
- Grief, covid counseling
- Issues faced by LGBTQ community

Languages Spoken

- English
- Hindi
- Punjabi
- Gujrati (not proficient)
- Bengali(not proficient)

Awards & Achievements

- Titled as SAHRIDAYI, ATH.
- Scholar The Science Of Well-being, USA.

- CE Accredited,UK.
- Mentor and Educator at ATH.

Talks & Publications

- Manipal Hospitals Varthur and Whitefield: Ms. Anamika Gupta on Post-partum psychosis in moms can harm a newborn. Why does no one talk about it? | India Today. Click Here