

MS. ASHRA FATHIMA A

Child Life Therapist - Psychologist

Qualification

Master of Science - Clinical Psychology | Bachelor of Science - Psychology, Home Science and Computer Science

Overview

Ms. Ashra Fathima A is a highly compassionate clinical psychologist and child life specialist in Whitefield. She is currently practising as a Child Life Specialist & Psychologist at Manipal Hospital Whitefield, Bangalore. Possessing over 2+ years of experience in child life services, paediatric psychosocial care, counselling, and hospital-based psychological support, Ms. Ashra Fathima specialises in helping children, adolescents, and families navigate emotional, developmental, behavioural, and healthcare-related challenges with confidence and resilience. Ms. Ashra completed her foundational training with a Bachelor of Science in Psychology, Home Science, and Computer Science from Bishop Cotton Women's College, Bangalore. She then earned her Master of Science (M.Sc.) in Clinical Psychology from CMR University, Bangalore. Advancing her skills in high-acuity medical environments, she completed an intensive, year-long clinical training residency and internship in Child Life Services at Aster CMI Hospital, gaining extensive mastery in age-appropriate medical preparation, therapeutic play, and crisis counselling. At Manipal Hospital Whitefield, Ms. Ashra's clinical practice focus centres on integrating dedicated

child life services across high-acuity paediatric environments, including the Neonatal Intensive Care Unit (NICU), Paediatric Intensive Care Unit (PICU), paediatric oncology wards, emergency services, and outpatient departments. She specialises in creating safe, non-threatening environments for children utilising specialised play therapy and procedural preparation modules. Recognised for her compassionate and child-centred approach, Ashra is regarded as one of the best child psychologists in Whitefield for supporting children and families through hospitalisation, anxiety, behavioural concerns, and emotional adjustment difficulties. Ms. Ashra's technical and diagnostic expertise extends to conducting specialised psychological screening and assessments tailored for stress, anxiety, and quality-of-life parameters. As a versatile clinician, her practice bridges counselling psychology - child and adult - addressing childhood behavioural issues, adolescent emotional adjustment, and parental grief or distress. Heavily invested in institutional wellness, she designs and delivers Continuing Nursing Education (CNE) and Continuing Medical Education (CME) modules aimed at improving stress management, communication skills, and empathy among frontline medical staff. Ms. Ashra Fathima remains an active contributor to community health and academic research, having published scientific insights into personality profiles and conducted extensive analyses on self-esteem dynamics. She is also a recognised member of the Child Life professional body. A gifted multilingual communicator, she is fluent in English, Kannada, Hindi, Urdu, and Tamil, allowing her to deliver comforting, culturally nuanced clinical support that empowers both young patients and their caregivers throughout the healing process.

Field of Expertise

- Paediatric Care and Coping Strategies
- Play Therapy
- Hospital-Based Interventions

- Family-Centered Care
- Procedural Support and Preparation
- Grief and Loss Support
- Screening and Assessments
- Therapeutic Play Activities - Pediatric psychological care
- Child life services
- Counselling psychology- Child and Adult
- Play Therapy

Languages Spoken

- English
- Kannada
- Hindi
- Tamil

Talks & Publications

- Dissertation as part of Academic Curriculum (Masters) "Exploring the Interplay Between Relationship Satisfaction and Self-Esteem: A Comprehensive Analysis"
- Article Publication (Masters) “Persona Unveiled : Psychological Insights into Histrionic Personality Disorder·