



Dr. Shabana M S

Consultant - Clinical Psychology

Qualification

PhD in Psychology

Fellowship & Membership

- Member of the American Psychology Association (APA).
- Member of the British Psychological Society (BPS).
- Life Member of Tamilnadu Psychology Association.
- Life member of Indian Academy of Applied Psychology.
- Life Member of Indian Association of Clinical and Academic Hypnosis.

Field of Expertise

- 17 years of clinical and counselling experience
- Psychotherapy and Counseling
- Positive Mental Health and Well-Being
- Life Coaching for Adolescents and Adults
- Building Confidence and self-esteem
- Relationship Counseling
- Family and Marital Therapy
- Pre Marital Counselling
- Emotional First Aid
- Management of Stress/ Anxiety /Depression
- Grief and Bereavement Counselling
- Infertility Counselling
- Domestic Violence /Intimate Partner Violence
- Stress Management for Care givers
- Counseling to cope with Chronic Illness
- Issues faced by LGBTQ community
- Other Mental Health issues

Languages Spoken

- Tamil
- Kannada
- Bengali
- Telugu(not proficient)

- English

Awards & Achievements

- Hindi
- Malayalam
- Doctorate awarded for: Psychosocial correlates of Conduct disorder and efficacy of an intervention program.