



MS. ISHIKA MITTAL

Psychology & Child Life Services

Qualification

Msc - Counselling Psychology | BA - Journalism Psychology English | Certificate Course - Suicide Prevention & Positive Psychology | Trained in Child Life Practices | Therapeutic Play & Pediatric Psychosocial Care

Overview

Ms. Ishika Mittal is a highly skilled counselling psychologist in Yelahanka. She is currently practising as a Psychology & Child Life Services at Manipal Hospital Yelahanka, Bangalore, bringing a strong blend of clinical expertise, compassionate communication, and holistic therapeutic care to children, adolescents, adults, and families facing emotional, behavioural, and medical challenges. With a deep commitment to patient-centred psychosocial support and extensive hands-on experience across paediatric healthcare, mental health institutions, and community settings, she is widely regarded as one of the best psychologists in Yelahanka, known for her thoughtful therapeutic presence and structured approach to emotional well-being. A Gold Medalist and First Rank Holder in MSc Counselling Psychology, Ms. Ishika has a strong academic foundation shaped by robust training in clinical interviewing, psychological assessment, crisis intervention, and evidence-based psychotherapies. Her professional strengths extend across paediatric psychosocial care, adult counselling, family support interventions, and child life therapy, making her a uniquely

versatile clinician within a hospital environment. Her work at Manipal Hospital Yelahanka integrates these skills seamlessly, allowing her to support patients through emotionally complex situations such as illness, hospitalization, procedural anxiety, chronic conditions, caregiving stress, grief, behavioural difficulties, and academic or social concerns. Her role involves providing structured consultations for children and adults, facilitating emotional regulation strategies, and offering coping-based interventions designed to reduce distress and build resilience. As one of the best psychologists in Yelahanka, she places equal emphasis on empathy and scientific reasoning, ensuring every patient receives both emotional comfort and methodical therapeutic guidance. Her ability to build rapport swiftly with children, teens, and parents makes her particularly effective in paediatric care, where trust, non-judgment, and developmental understanding are essential. Ms. Ishika's expertise in Child Life Services further distinguishes her within the field. Her work involves preparing children for medical procedures through play-based methods, expressive activities, storytelling, and therapeutic explanations, all aimed at reducing fear, improving cooperation, and strengthening emotional coping. She also provides detailed parental counselling, helping caregivers understand behavioural responses to medical stress, learn supportive communication techniques, and navigate the emotional demands of hospitalization. Having previously facilitated more than 90 hours of outpatient sessions and extensive inpatient support, she brings a depth of real-time clinical experience to her practice at Manipal Hospital Yelahanka. She has also worked in multidisciplinary healthcare teams, collaborating closely with paediatricians, nurses, psychologists, and rehabilitation specialists to create integrated care plans for young patients. Her time in diverse mental health institutions, including rehabilitation centres, halfway homes, and child development clinics, has shaped her sensitivity to varied emotional landscapes, from severe mental illness to developmental and behavioural concerns. An active contributor to research, she has published multiple papers in

peer-reviewed journals on topics such as bullying, counsellor self-care, parental coping in autism, and child life satisfaction metrics. These academic pursuits reinforce her commitment to evidence-based therapy and continuous professional development. Her skill set also extends to psychoeducation, having conducted workshops, training sessions, community outreach programmes, and awareness seminars on communication, empathy, psychosocial care, and emotional well-being. Fluent in English and Hindi, Ms. Ishika ensures that her therapeutic style remains warm, accessible, and culturally sensitive. Her personal strengths, creativity, active listening, emotional attunement, and a strong ethical foundation, enable patients to feel understood, supported, and empowered throughout their healing journey. With her unique combination of clinical training, child life expertise, academic excellence, and genuine dedication to mental health, Ms. Ishika Mittal stands among the best psychologists in Yelahanka, offering thoughtful, ethical, and patient-focused care to individuals and families seeking emotional support.

Field of Expertise

- Pediatric psychological care
- Child life services
- Counselling psychology- Child and Adult
- Play Therapy
- Grief and Loss Support
- Screening Assessments
- Research

Languages Spoken

- English
- Hindi

Awards & Achievements

- 1st rank (Gold Medalist) - MSc Counselling Psychology (2025)

Talks & Publications

- Published a research paper titled ""Exploring The Challenges and Coping Strategies of Parents of Children with Autism"" in International Journal for Multidisciplinary Research. Mittal, I., & Sinha, A. Exploring The Challenges and Coping Strategies of Parents of Children with Autism. [Click Here](#)
- Published a paper titled "Influence of Retrospective School Bullying on Undergraduate Students' Self Esteem and Life Satisfaction" in INSPA Journal of Applied and School Psychology. Mittal, I., Rajesh, S., & Muthukumar, R. Influence of Retrospective School Bullying on Undergraduate Students' Self Esteem and Life Satisfaction. [Click Here](#)
- Published a research paper titled "Wounded to Healed: Self-care Practices Among Counselors" in World Journal of Advanced Research and ReviewS. Mittal, I., Shethiya, R., Goswami, S., Nawandar, A., & Sinha, A. (2024). Wounded to healed: Self-care practices among counselors.
[Click Here](#)
- Contributed to a published tool development research paper- "Development and Validation of the Parent Satisfaction Scale for Child Life Services (PSS-CLS): A Pilot Study"