

MS. KAUSTHUBHA A

Consultant - Clinical Psychology

Qualification

BA Journalism, Psychology & Optional English | MSc Psychology - Clinical Psychology and Counselling

Overview

Ms. Kausthubha A is an experienced psychologist in Yelahanka, Bengaluru, with focused clinical experience in child psychology, neurodevelopmental evaluations, psychometry, and behavioural interventions. She is currently practising as a Consultant – Clinical Psychology at Manipal Hospital Yelahanka, Bengaluru, where she provides structured, evidence-based psychological assessments and therapeutic care for children, adolescents, and families. Recognised for her thorough diagnostic evaluation and family-centred therapeutic approach, Ms. Kausthubha is regarded as one of the best child psychologists in Yelahanka, Bangalore. Ms. Kausthubha completed her Bachelor of Arts (BA) in Journalism, Psychology, and Optional English from Maharaja's College, University of Mysore, followed by a Master of Science (MSc) in Psychology specialising in Clinical Psychology and Counselling from SDM PG Centre, Ujire (affiliated with Mangalore University). Committed to advanced clinical skill development, she completed specialised training in Autism intervention from the Ummeed Child Development Centre, Mumbai, along with professional certifications in Indian psychology, school psychology, psychodynamic

therapy, and neuro-linguistic programming (NLP) techniques. At Manipal Hospital Yelahanka, Ms. Kausthubha manages a comprehensive paediatric and adolescent psychological assessment suite. Her clinical expertise covers the diagnosis and therapeutic management of Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), intellectual disabilities, Specific Learning Disorders (SLD), and Global Developmental Delays (GDD). As a top psychologist in Yelahanka, Bangalore, she is proficient in administering a wide range of psychometric and developmental diagnostic tools, including the AIIMS Modified INDT-ASD, Indian Scale for Assessment of Autism (ISAA), Childhood Autism Rating Scale (CARS-2), Mullen Scales of Early Learning, Conners-3, Vanderbilt ADHD Diagnostic Rating Scale, BASC, Bracken Basic Concept Scale, and NIMHANS SLD index. Her practice encompasses individual behaviour therapy, IQ testing, parental training, caregiver counselling, and adolescent guidance. An active academician and researcher, Ms. Kausthubha published a research paper titled ""Death anxiety and Life satisfaction among Elderly living with family and in old age home"" in The International Journal of Indian Psychology and presented her findings at a national psychology conference. She has served as an invited speaker and faculty at the WONCA South Asian Region Family Medicine Conference 2025, and participated in advanced workshops at premier institutes such as the National Institute of Mental Health and Neurosciences (NIMHANS). She also holds a 'C' certificate from the NCC Air Force wing, where she served as Company Quarter Master Sergeant. Fluent in English, Kannada, Hindi, Tamil, and Telugu, Ms. Kausthubha A combines her clinical assessment expertise with an empathetic and communicative approach, prioritising clear psychoeducation, constructive parental guidance, and tailored behavioural support. Ms. Kausthubha A is an experienced psychologist in Yelahanka, Bengaluru, with dedicated clinical experience in child and adolescent neurodevelopmental assessments, psychometry, and behavioural therapy. She holds an MSc in Psychology (Clinical

Psychology and Counselling) and currently practises as a Consultant – Clinical Psychology at Manipal Hospital Yelahanka, Bengaluru. With specialised expertise in assessing Autism, ADHD, learning disorders, and developmental delays, along with providing behavioural therapy and parent counselling, she is recognised among the best child psychologists in Yelahanka, Bangalore, for comprehensive psychological care.

Fellowship & Membership

- Specialised training in Autism Intervention (Ummeed Child Development Centre, Mumbai).
- Certifications in Indian Psychology, School Psychology, Psychodynamic Therapy, and NLP.

Field of Expertise

- Child Psychology
- Neurodevelopmental Evaluations
- Psychometry
- Behavioural Interventions
- ASD, ADHD, Intellectual Disabilities, SLD & GDD Assessment/Management
- IQ Testing
- Parental Training
- Caregiver Counselling

Languages Spoken

- English
- Kannada
- Hindi

- Tamil
- Telugu

Awards & Achievements

- 'C' Certificate – NCC Air Force Wing (served as Company Quarter Master Sergeant)

Talks & Publications

- "Death Anxiety and Life Satisfaction among the Elderly living with family and in an old-age home" – The International Journal of Indian Psychology.
- Invited speaker/faculty – WONCA South Asian Region Family Medicine Conference 2025.
- Workshops at NIMHANS.