

Farheen Ayesha

Qualification: MSc. Psychology, Diploma in Narrative Therapy, Certified in Queer Affirmative Therapy from MHI

Experience: 2.5+ years

Languages: English & Hindi

Forte: Existential-Feminist approach to therapy while dabbling in Narrative practices

"Not gonna lie to you - Therapy is hard and gruelling and someone I respect once told me that it's only in discomfort do we learn to see ourselves and the choices available to us in a different light. But if you just explore this space you will untangle the best parts of you. In this process, we will build a relationship together which will allow us to know you and focus on you and your needs more than problems. Mind you, I can be very funny but will call you out on self deprecating, racist or rape culture humor. That's all from my end! See you soon!"