

Purvi Maski

Qualification: M.Sc. Health Psychology; M.Phil. Clinical Psychology (RCI certified)

Experience: 8 years

Languages: English & Hindi

Forté: Uses an integrative approach to therapy for individual, couples, and family which is more emotionally-focused and a solution-driven approach - backed by scientific evidence. Addresses each problem with empathy and believes in integrating an individual's experiences to help them understand themselves better and cope with their problems effectively.

"Semrad taught us that most human suffering is related to love and loss and that the job of therapists is to help people "acknowledge, experience, and bear" the reality of life—with all its pleasures and heartbreak. "The greatest sources of our suffering are the lies we tell ourselves," he'd say, urging us to be honest with ourselves about every facet of our experience. He often said that people can never get better without knowing what they know and feeling what they feel." — Bessel A. van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

Thrive
towards your inner light.