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Rhea holds an MSc in Mental Health Studies from the Institute of Psychology, Psychiatry & Neuroscience, King's College London and a BSc in Psychology (Honours) from the University of Nottingham. She is also a trained Expressive Arts Therapy Practitioner from St. Xavier's College, Mumbai. She has worked with diverse individuals and groups across varied settings and primarily works from a client-centered & context-informed lens. She is a strong believer of the intersectionality between mental health and everyday functioning & aims towards promoting a healthy functional outcome with her clients.