



Moving Bodies. Moving Minds.

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Prachi Dokania
Director of Psychotherapy

Professional Summary:

Counselling Psychologist, Arts Based Therapy Practitioner and a Certified Professional Supervisor. My professional journey has been predominantly practice-oriented with extensive work done with children, adolescents and adults. Along the way, I've consistently trained myself to work better. I am also a certified professional supervisor.

Expertise and Skills

- Counselling Psychologist
- Certified Professional Supervisor
- Arts based Therapy Practitioner
- Cleared UGC-NET in Psychology
- Trained in Dialectical Behavior Therapy (DBT) Skills
- Teacher training and Sensitivity Building
- Extensive experience working with Children and Adults with Autism
- Parent workshops
- Pharmacological Knowledge
- Group Therapy for Adolescents, Adults and Geriatric Population
- Trained Professionals and Post-Graduate level Psychology students in
Counselling Skills
- Corporate workshops

My practice is eclectic and combines the person-centered approach with transactional analysis, CBT and psychodynamic principles based on the needs of the client. My practice is person-centred, intersectional, indigenous, trauma-informed and queer affirmative.

Current Work Profile:

Director of Psychotherapy

Synchrony (2021- present)

Individual and group sessions for children, adolescents, adults and elderly. Professional Supervisor for Mental Health Professionals.

Private Practice (2014 - 2021)

Individual and group sessions for children, adolescents, adults and elderly. Professional Supervisor for Mental Health Professionals.

Visiting Faculty (2019-Present)

St.Xavier's College, Mumbai

P.G. Diploma in Expressive Arts Therapy

Faculty for the Counselling Theories, Skills and Processes and Supervisor

M.A in Lifespan Counselling

Visiting Faculty (2017- Present)

Cogito Training & Counselling Centre, Mumbai

Previous Work Profile:

Arts based Therapy Practitioner , School Counsellor

Goenka and Associates Educational Trust, Mumbai (JUNE 2014 - MAY 2021)

Counsellor and ABT Practitioner for children, parents and adults. It is a multi-disciplinary set up that caters even to children in need of special care.

School Psychologist

Bombay Cambridge Gurukul, Mumbai (FEB 2009 - JAN 2012)

Involved psycho-educational testing, regular therapy and life skills sessions with Primary Section students.

Internship Experience

School Counsellor

Kids Company, London (2008)

Involved using various expressive arts modalities for individual and group therapy sessions.

Greenwich MIND, London (2008)

Part of their Crisis team and Asian Women's Counselling cell.

Dor Therapy, London (2008)

Worked with issues of Addiction

EDUCATION

City University, London — *Msc Counselling Psychology*

2008

Trained in Person Centered Therapy, CBT and Psychodynamic Approach

World Centre for Creative Learning, Pune — *Arts based Therapy Practitioner*

2011

Australian Counselling Association - *Certified Professional Supervisor*

2021

SNDT University, Mumbai — *PG Diploma School Counselling*

2010

British Association of Art Therapists, London — *Foundations in Art Therapy*

2010

CONTINUED PROFESSIONAL DEVELOPMENT

Master classes in Psychotherapy 2020- Milton Erickson Foundation

DBT Skills March, 2020- with Marsha Linehan.

Transactional Analysis with Gestalt Work, 2016 & 2020 - Mind Mandala

Attachment Theory & Clinical Applications 2020 - International Attachment Network

Intensive Clinical Training in Psychotherapy, 2016- Dr Avinash Desousa & Mind Mandala

Certificate in Music Therapy, 2015- MET Mumbai

Workshops:

Sensitivity Training Programs and Wellness Workshops for Mental Health Professionals, Doctors, Adults, Caregivers, Parents , Teachers, Corporates and students.

Professional Affiliation:

Professional Member of Indian Association of Professional Supervisors (IAPS), India (Membership Number :PM-061)

Member American Psychological Association