

Rewa Jadhav

Psychologist and Co-Founder

QUALIFICATION

MA in Clinical Psychology

WORK EXPERIENCE

3 Years



Approach

I hold a Master's degree in Clinical Psychology from Fergusson College, Pune. With a foundation in evidence-based principles, I follow an eclectic approach to therapy, allowing me to tailor to each client's unique circumstances and needs. I draw from a client-centered approach, behavioral therapy, and strength-based approaches to counseling. I have 3 years of extensive experience in helping individuals address a wide array of concerns. They include working with clients facing mood disturbances, various interpersonal challenges, anxiety, depression, trauma, and concerns related to self-esteem, personal growth, and self-exploration. I incorporate trauma-informed and queer-friendly practices into my standard care approach.



Ethos

In my practice, I prioritize fostering a safe and non-judgmental environment where clients feel heard and understood. I believe in the power of collaboration and strive to empower clients to take an active role in their therapeutic journey. Each client interaction provides an opportunity for learning and self-reflection, enriching my understanding of human behavior and enhancing my therapeutic skills.




About me

When I'm not in therapist mode, I like to spend time with my family and friends, chowing down on some delicious food, or exploring the great outdoors. I'm all about finding joy in the little things, whether it's a walk in nature, jamming out to my favourite music, dancing, or whipping up a tasty meal in the kitchen.



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