

Sanjana Pugalia

Psychologist and Co-Founder



QUALIFICATION

MA in Clinical Psychology

WORK EXPERIENCE

3.5 Years



Approach

As a psychotherapist with a Master's degree in Clinical Psychology from Symbiosis College, coupled with four years of dedicated practice. I employ an eclectic and collaborative approach, drawing heavily from client-centred principles and Acceptance and Commitment Therapy (ACT), among other modalities. Moreover, I adhere to a standard care of trauma-informed and queer-friendly practice.

Throughout my career, I have worked extensively with individuals with a diverse range of concerns, including mood disturbances, interpersonal issues, anxiety, depression, traumatic experiences, self-esteem concerns and the pursuit of self-exploration.



Ethos

My therapeutic philosophy is deeply rooted in process-oriented therapy, wherein I guide individuals towards exploring and understanding their internal experiences with compassion and curiosity. By creating a safe and supportive environment, I facilitate a journey of self-discovery and emotional healing, allowing individuals to confront and process unpleasant emotions constructively.



About me

I find joy in the simple pleasures of life. Whether it's nurturing my garden, soaking up the energy of a live music concert, or freezing beautiful moments in time through my camera lens. My dream? To explore every corner of the globe, camera in hand, honing my photography skills and soaking in the diverse cultures and landscapes our world has to offer.



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