

Meet Yuktika

PSYCHOLOGIST & EXPRESSIVE ARTS FACILITATOR

- MA Psychology (Clinical)
Amity University, Noida
- BA Applied Psychology (Hons)
Amity University, Noida
- Diploma in Expressive Arts Therapy Facilitation
Snehadhara Pragnyaadhara, Bangalore
- EMDR Therapy, Level 1 Training
EMDR India
- Certified in Queer-Affirmative Therapy
& Narrative Therapy
- Trained in IFS, Somatic Therapy, Expressive Arts and
Emotionally Focused Therapy (EFT)



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Hi, I'm Yuks (She/Her), a counselling psychologist with over 4 years of experience. I primarily work with young adults, adults, couples and groups navigating emotional, relational and life concerns.

Alongside therapy, I love creating experiential spaces where people can explore themselves in ways that don't always depend on finding the "right" words. I use expressive arts such as visual art, drama, movement, rhythm, play and storytelling when they feel useful, creating different pathways to explore thoughts, emotions, memories and experiences.



My approach

I see therapy as a collaborative space where we can slow down, understand what is happening, make sense of our experiences and gradually create new ways of relating to ourselves and the world around us.

Together, we may explore the stories and beliefs you carry, the different parts of you that have developed to cope, how experiences are held in the body, and memories or experiences that may still feel unresolved. Sometimes this happens through conversation. Sometimes through imagery, movement, art, grounding, rhythm or working with a memory.

I place particular importance on safety and regulation before deeper processing. We pay attention not only to what you think and feel, but also to what your nervous system is communicating. For me, therapy is not about forcing insight or rushing towards a version of yourself that feels "better". It is about creating enough safety to notice, enough space to process, and enough choice to grow differently.

As a neuroqueer therapist, I also bring lived experience and an understanding of how identity, relationships, neurodivergence and the environments we navigate can shape our inner worlds.

Meet Achintt Kaur

Psychologist & Career Counsellor

- MA Psychology (Counseling)
- BA Applied Psychology (Hons), University of Delhi
- Certified Practitioner in School Counseling
- Certified Practitioner in Mindfulness, NLP
- Trained in Career Counseling, Play therapy, Rhythm and Breathwork, & CBT/ DBT.

Curiosity
Kindness
Growth
Safer
Spaces
♡

A little about me

Hi, I'm Achintt (She/Her), I am a Counselling Psychologist and Career Counsellor with over 7 years of experience working across educational, counselling and training settings. I primarily work with adolescents, young adults, parents, educators and schools, supporting them through academic concerns, career decision-making, emotional wellbeing, relationships, life transitions and personal growth. Having worked closely with students, families, teachers and professionals, I understand the unique challenges and possibilities within educational spaces.



My approach

I have seen how experiences at home, school and work influence confidence, emotional wellbeing, decision-making and future aspirations. My work focuses on helping individuals develop greater self-awareness, resilience, communication skills and practical strategies to navigate challenges both within and beyond educational spaces.

My approach integrates counselling with strengths-based, behavioural and mindfulness-informed practice.

I create a warm, non-judgemental and collaborative space where people can explore their thoughts, feelings and choices at their own pace.

Through evidence-based tools and creative approaches such as play, rhythm and breathwork, I help individuals build clarity, confidence and skills that support meaningful growth in their personal, academic and professional lives.

I believe that meaningful growth happens when people are given both the understanding and the tools to move forward with confidence.

I measure happiness in bowls of noodles.