

| Name              | Practice                | Location            | City      | Framework                                                                                                                                                                                                                     | Making an Appointment                           | Email                         |  |
|-------------------|-------------------------|---------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------|--|
| Vinti Varma       | Individual practitioner | Infantry Road Cross | Bangalore | Person-centered therapy, cognitive behaviour therapy and existential therapy                                                                                                                                                  | Initial contact via email, call or text message | vinti.varma@gmail.com         |  |
| Rachel Jayaseelan | Individual practitioner | Koramangala         | Bangalore | NLP, CBT                                                                                                                                                                                                                      | Initial contact via email, call or text message | reachoutorachel@gmail.com     |  |
| Pratyusha DV      | Individual practitioner | Arekere             | Bangalore | "I follow a trauma-informed approach & I'm an Arts-Based-Therapy Practitioner - where I use visual expression (writing/ art), movement and mindfulness to build self-care building connection between emotions and the body." | Initial contact via email, call or text message | pratyushadv18@gmail.com       |  |
| Yasmin Paul       | Individual practitioner | -                   | Bangalore | Psychodynamic relationally informed long-term psychotherapy, group analytic psychotherapy                                                                                                                                     | Initial contact via email, call or text message | yaspaultherapy@gmail.com      |  |
| Kedar Rao         | Individual practitioner | Marathahalli        | Bangalore | Group analytical, relational, psychodynamic                                                                                                                                                                                   | Initial contact via email, call or text message | kedar.k.rao7@gmail.com        |  |
| Mohit Sharma      | Individual practitioner | -                   | Bangalore | Psychodynamic, relational psychotherapy<br>Group analytic psychotherapy                                                                                                                                                       | Initial contact via email or text message       | mohit.psychotherapy@gmail.com |  |





