SANIYA BEDI

Counselling Psychologist, PhD Scholar & Content Creator

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Saniya is an experienced counselling psychologist and is an expert in dealing with various mental health related concerns. Her client base includes people ranging from students to working professionals, pan India and abroad. She has been demonstrating a successful career in the field of mental health care industry for more than seven years now.

She exhibits a brilliant educational record, with Bachelors Degree from University of Delhi, Masters Degree in Applied Psychology from Tata Institute of Social Sciences (TISS), Mumbai. She has immense understanding of psychological concepts. She is adept at psychometric testing & psychological research. She believes in continuous learning and is currently pursuing her PhD. She believes in enhancing her knowledge and keeps adding to her laurels every now and then. She recently completed certifications in art therapy and mindfulness for stress reduction.

She is presently working as a consultant psychologist with various colleges of University of Delhi and has a private practice in New Delhi. She is a POSH trainer with corporates.

Her individual sessions are filled with empathy, non-judgementality and comfort. She not only helps clients with their concerns in a scientific manner, in a comfortable environment but also has a record of minimal/no relapses. Her group therapy sessions allow clients to feel comfortable and supported.

She deals with clients who exhibit personal, interpersonal, family, marriage, relationship, academic or career related concerns. Her group counselling sessions are based on varied topics like anxiety management, overthinking, parenting, effective communication, time management, self-harm among others. She has also conducted teacher training workshops covering topics like team spirit, recognising and managing common childhood disorders and classroom management.

In order to make the concept of mental health normalised and accessible to everyone, she founded a page by the name Therapy by Saniya on social media platform - Instagram https://www.instagram.com/therapybysaniya/ wherein she provides doable tips on mental health, free of charge. There are more than 22,000 people being benefitted from this initiative.