



Deepti Divya

Psychotherapist

Certified Clinical Trauma Specialist | Crisis Intervention Specialist

University Gold Medallist | Member, International Association of Applied Psychology

Counselling Process, Client Privacy & Confidentiality

Counselling and therapy sessions are conducted for those who display the capacity to resolve their own challenges/situations/problems with therapeutic assistance. For certain cases in which the clients need proper medical review & treatment (rehab, de-addiction and mental disorders), the counselling/therapy will only act as a supportive exercise without interfering in the treatment. The counselling process involves a process of self-awareness in order to get clarity on problems, goals and objectives and then working to achieve the same.

The sessions are customized based on various psychotherapy models and the clients' needs. Different individuals have different capacity and thus the process of self-awareness, problem-solving and cognitive restructuring can take from only a couple of sessions to a long-drawn therapy run. Most clients would need a minimum of 2-4 sessions to work through their issues/concerns.

As a client, you are in complete control and may end the counselling relationship at any point. Although the sessions touch upon the emotions and feelings of the client in order to fully understand his/her issues, concerns, problems and circumstances, it is important to always remember that the counselling relationship is strictly professional in nature. The information shared by the client during any of the sessions is strictly confidential. Clients' identity and all other related information about client assessment and treatment is kept confidential, except as mandated by law. In case of suicide or self harm, the client takes sole responsibility of his/her actions. The therapist does not act as the watch-dog over the clients, rather only strives to reduce their emotional burden and pain so they are empowered to tread further in life.

Counselling and psychotherapy is a mental health service that helps individuals to empower themselves by touching upon their inner feelings and life approach. No medication and/or medical test are prescribed of any nature and no medical opinion is rendered.