Services Provided

1. **Psychometric evaluation** for both Child and Adult E.g. I.Q test, Aptitude testing, Personality Tests, Psychodiagnosics, Anxiety and Depression tests, assessment of emotional issues, stress, marital problems etc.

2. **Psychotherapy** for all Psychological Disorders, Emotional Problems and Relationship Issues among Children and Adults. E.g.

   - Depression
   - Anxiety
   - Phobias
   - Anger management
   - Enhancing self-confidence
   - Behavioral Problem management
   - Work-Stress management
   - Mood disorder management
   - Anxiety disorder management
   - Relationship/Marital counseling
   - Counseling for low self-esteem
   - Adjustment issue management
   - Obsessive compulsive disorder treatment
   - Treatment of thought problems

3. **Relaxation Therapy** techniques

4. **Workshops** are also being conducted for Various Groups such as:
   - Corporates
   - Defense services
   - School teachers
   - Colleges

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**ADULTS**

- Depression
- Anxiety
- Phobias
- Anger management
- Enhancing self-confidence
- Behavioral Problem management
- Work-Stress management
- Mood disorder management
- Anxiety disorder management
- Relationship/Marital counseling
- Counseling for low self-esteem
- Adjustment issue management
- Obsessive compulsive disorder treatment
- Treatment of thought problem

**CHILDREN**

- Concentration and Memory Problem
- ADHD
- Exam-stress management
- Counseling for low self-esteem
- Parent & Child Relationship problems
- School Phobia
- Low Academic Performance
- Psychosomatic Problems
- Behavioral issues
- Anxiety disorder management
- Adolescent Problems
- Psychosomatic disorders

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**Abouts Us**

We are a team of Clinical psychologists specializing in treating various Psychological Disorders among Children and Adults. We Aim to provide Psychological help to people dealing with or facing Emotional and Behavioural problems. It is essential to firstly understand the details of the case before any diagnosis can be made. Therefore, a careful history taking and Psychometric assessments are conducted to understand and Plan treatment accordingly.

**Dr. Rakhi Anand**
Senior Consultant Psychologist
Indraprastha Apollo, Hospital
Sarita Vihar, New Delhi

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- anand.rakhi@yahoo.com

**Working Hours**

- **Tuesday & Friday**
  - 10:00am to 1:00pm
  - 5:00pm to 8:00pm

- **Monday & Wednesday**
  - 12:00noon to 6:00pm

- **Thursday & Saturday**
  - 10:00am to 6:00pm