

Charu Agarwal is a Psychologist and Clinical Hypnotherapist. She has a master's degree in Clinical Psychology and holds a diploma in Clinical Hypnotherapy from California Hypnosis Institute, USA. She is also trained in Psychological First Aid. She has around 9 years of experience in working with Adolescents and Adults. Her core areas of expertise include Relationship Counseling, Family Therapy, Parenting Guidance, Emotional Healing, Stress, Anxiety and Depression Management, Anger Management, Motivational Counseling, Phobia Abatement, Self Improvement & Life-skills Coaching, Habit Formation, Meditative Healing and Relaxation Practices. She has vast experience in dealing with Personality and Anxiety Disorders and Relationship Issues.

She practices various psychological interventions such as Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Mindfulness Therapy, Gratitude Therapy, Clinical Hypnotherapy, Art Therapy, Grapho-therapy, Positive Psychology and Gestalt therapy. She runs her own clinic by the name of Mysa-The Soul Clinic in Gurugram, Haryana and provides online as well as in-person counseling. She is a Mental Health Content creator and also writes blogs and articles on Mental Health.

#### Specializations

Relationship Counseling, Family Therapy, Parenting Guidance, Stress, Anxiety & Depression Management, Emotional Healing, Anger Management, Motivational Counseling, Adolescent Mental Health Counseling, Phobia Abatement, Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Clinical Hypnotherapy, Meditative Healing and Relaxation Practices, Mindfulness Therapy, Gratitude Therapy, Life-skills Coaching, Distress Tolerance, Habit Formation, Art Therapy.