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PRACTICE BROCHURE · 2026

Tamana Rehman

Counselling Psychologist

M.A. Applied Psychology · Clinical specialisation · JMI

PG Dip. Trauma-Focused Therapy · TISS (pursuing)

A GENTLE BEGINNING

About my work.

I hold a Master's degree in Applied Psychology, with a specialisation in Clinical Psychology, from Jamia Millia Islamia, New Delhi, and am currently pursuing a Post Graduate Diploma in Trauma-Focused Therapy at the Tata Institute of Social Sciences (TISS), Mumbai.

Over the past two years, I've worked with children, adolescents, and adults across schools, community settings, and institutional programs, sitting with everything from everyday anxiety to complex trauma.

2+

Years in practice

All

Age groups welcomed



Some images have been blurred to protect privacy.



Tamana Rehman



POCSO Training

MY APPROACH

Room for the whole *person.*

My approach is *person-centered* and *trauma-informed* at its core, adapted to what you actually need, not a one-size-fits-all script.

01

Person-Centered

Unconditional positive regard & empathy: you're the expert on your own life.

02

Cognitive Behavioral

Practical, everyday coping strategies rooted in thought-feeling-behavior links.

03

Psychodynamic

Gently exploring how past patterns shape present-day relationships.

04

Trauma-Informed

Safety, choice & collaboration at every step, at a pace that feels okay.

WAYS WE CAN WORK TOGETHER

Practical support, *held with care.*

INSTITUTIONAL WORK

Workshops & training

Sensitization workshops and training for schools, NGOs, and corporates.

01 POCSO Act awareness

02 POSH training

03 Mental health sensitization

04 Staff crisis-response planning

Schools • NGOs • Corporates

Rates vary by scope & group size. Get in touch to discuss your organization's needs.

INDIVIDUAL SESSIONS

One-on-one online therapy

Video sessions scheduled at a frequency that works for you, in a consistent, confidential space held entirely online, wherever you're based.

India-based clients

₹1,200 per session, standard rate

Clients based outside India

₹2,000 per session, sustaining rate

Rates are mutually agreed after the intake form. Sliding scale available for marginalized communities.

If you're in crisis or need immediate support

Please use a listed helpline rather than waiting for a message reply.

Tele **MANAS 14416** • Vandrevalla Foundation 1860-2662-345 / 1800-2333-330

iCall 022-25521111 (Mon-Sat, 8 AM-10 PM)



Staff Sensitization Workshop



Group Sessions



Student Workshop

GET IN TOUCH

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LinkedIn

Connect with me

Socio-Emotional Learning Sessions