







**ANURAG**  
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counselling psychologist

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## EXPERIENCE

### Counselling Psychologist

Augment Therapy; MindPeers

June 2021 - present

- Working with clients presenting with anxiety, depression, stress management, identity, self development, confidence, interpersonal relationship, adjustment, gender, and sexuality concerns
- Employing CBT, SFBT and ACT modalities with person-centred and strengths-based approaches through a social justice oriented lens

### Wellness Coach

Lyftly India

Jan 2021 - April 2021

- Provided coaching to clients with a focus on wellness
- Authored articles for a wellness blog
- Managed internal research and documentation

## EDUCATION

### Master of Science

Applied Psychology  
Pondicherry University, 2017

### Bachelor of Arts

Journalism, Psychology, and  
English Lit.  
Kristu Jayanti College, 2014

## TRAININGS

### Trauma-Informed Psychological Interventions

Connect&Restore (CORE), 2024

### Queer Affirmative Counselling Practice

Mariwala Health Initiative, 2023

### Counselling Psychology

Montfort College, 2022

### Solution-Focused Brief Therapy

Barry Winbolt, Skill Boosters, 2021

### Suicide Prevention

### Gatekeeper Programme

QPR Institute, 2020

### Feminist Counselling and Mediation

Baduku Community College, 2016

## APPROACHES

queer-affirmative

feminist

sex-positive

person-centred

trauma-informed

## LANGUAGES

English



Malayalam



Hindi



Kannada



Tamil

