

Name: Ms. Kowsalya M

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Contact Number : 8220134392

Professional Title/Occupation: Certified Therapeutic Play Practitioner for the Differently Abled

Organisation: Akkara Foundation

Address of Organisation/Practice:

Akkara Foundation Center for Child Development, Kasaragod, Muliya, Kottoor (P.O), Kerala - 671542

Professional Qualifications: Master of Occupational Therapy (Advanced OT in Paediatrics)

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for the Differently Abled

Details of any other relevant qualifications/courses taken in the field:

Certified Kinesio Taping Practitioner

Certified in Feeding and Eating Disorder

Currently undergoing supervision in current practice: No

Ages catered for: Children and Adults

Services offered:

My occupational therapy practice offers a variety of services, including Play Therapy, counseling, and educational support, available through both individual and group sessions. I cater to a wide range of needs such as special needs, trauma, abuse, social skills development, emotional issues, and behavioral problems. My tailored interventions aim to enhance cognitive, social, and motor skills, providing comprehensive support for children and adults to achieve their fullest potential.

Personal Profile:

As a dedicated occupational therapist, I specialize in providing holistic and individualized care to children and adults facing a variety of challenges. With a deep commitment to enhancing the

quality of life for my clients, I integrate Play Therapy into my practice to create a therapeutic environment that is both engaging and effective.

My work involves addressing a wide spectrum of needs including special needs, trauma, abuse, social skills development, emotional issues, and behavioral problems. In individual sessions, I use Play Therapy to help children express their emotions, develop social skills, and work through psychological challenges in a safe and nurturing space. The playful and non-threatening nature of this approach allows children to explore their feelings and behaviors in a way that is natural and comfortable for them.

In addition to individual therapy, I conduct group sessions where Play Therapy techniques are employed to foster social interaction and cooperation among peers. These sessions are particularly beneficial for children with autism spectrum disorder, ADHD, and social anxiety, helping them to build and practice essential social skills in a supportive group setting.

My approach is client-centered and adaptive, ensuring that each therapy plan is tailored to meet the unique needs and goals of the individual. By integrating Play Therapy into my occupational therapy practice, I am able to provide a dynamic and multifaceted treatment experience that promotes healing, growth, and empowerment for all my clients.

I am certified in Bayley Scale Administration and serve as a Remedial Instructor for Learning Disabilities. I am a member of both the Tamil Nadu and Kerala Occupational Therapy Associations, as well as the All India Occupational Therapy Association. With four years of experience, I bring a wealth of expertise to my practice.