

**Name:** Pradnya B Aklekar

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**Contact Number:** 9322834394

**Professional Title/ Occupation:** Counselling Psychologist (Mumbai University)

**Organisation:** 1) Bal Asha Trust, (Mahalaxmi)  
2) Bal Asha Child Development Centre, (Mazagaon)  
3) The Vatsalya Foundation (Mahalaxmi)

**Address of Organization/Practice:**

- Bal Asha Trust, Anand Niketan, King George Memorial, Dr E Moses Road, Mahalaxmi, Mumbai 400011
- Bal Asha Child Development Centre, B2, Ground Floor, Saifee Park, Opp Isabel School, Dr Mascaranes Road, Mazagaon, Mumbai 400010
- The Vatsalya Foundation, Anand Niketan, King George Memorial, Dr E Moses Road, Mahalaxmi, Mumbai 400011

**Professional Qualifications:**

- MA (Counselling Psychology) Mumbai University
- BA (Psychology) Mumbai University

**Courses undertaken in Play Therapy:**

**National Association for Play Therapy India (Online)**

- Play Therapy as a Counselling Tool
- Play Therapy and Social Skills
- Play Therapy with Looked After Children
- Play Therapy and Anxiety
- Play Therapy and Self Esteem

- Play Therapy and ADHD
- Play Therapy and Autism Spectrum Disorder (Ongoing)

### **Association for Play Therapy (United States) (Online)**

- Using Drawing Ethically in Play Therapy: Sarah Stauffer
- Creativity and Expressive Arts in Play Therapy “During Challenging Time”:  
Jamie Lynn Langley
- The Birds and the Bees, The Flowers and the Trees: Nature Based Play Therapy Earth Day Training: Janet A Courtney

### **Jennifer Taylor Play Therapy Services & Wonder Counselling Services (Online Courses)**

- First 10 Things to Learn about Play Therapy: Jennifer Taylor
- Introduction to Using Water Play Therapy: Yael Livneh
- Introduction to Build a House Technique: Carla Sharp
- What's in Play Therapy Room?: Lynn Louise
- Anger Vs Rage: Play Therapy Treatment implications: David Crenshaw
- Putting Back the Pieces After Community Violence: Using Play Therapy to Mend Broken Attachments: Clair Mellenthin
- Sand Tray Method of Treating Grief in Group Setting: Rosalind Heiko
- Addressing Grief & Loss with all Ages using Play Therapy: Lynn Louise
- Using Superheroes in Play Therapy to Promote Strengths & Resilience: Sophia Ansari
- Building a Culture of Kindness in the Classroom Using Play Therapy Groups: Paris Goodyear Brown
- Examining Social Interactions Style using digital tools in play Therapy: Jessica Stone
- Play Therapy with ADHD: Lynn Louise
- Fun & Effective Play Therapy Interventions for Family Sessions: Lynn Louise

- Ethical Play Therapy in Home & School Setting: Lynn Louise
- Play Therapy with items from Nature: Lynn Louise
- Therapeutic use of Games in Playroom: Lynn Louise
- Creative & Expressive Play Therapy Intervention for Children Ages 4-11: Lynn Louise
- Play Therapy Theories: A Basic Overview: Robert Jason Grant
- 20 Creative Play Therapy Interventions with Anxiety for Older Children: Lynn

Louise

- Effective Application of the Principles & Tenets of Child & Client Centered Theory in the Play Room : Lynn Louise
- Building Rapport & Establishing the Relationship in Play Therapy Through a Combination of Child Centered Play Therapy & Directive Play-based Techniques: Lynn Louise
- Bridging and Blending Non Directive & Directive Play Therapy: Lynn Louise
- Including Parents in the Play Room: Lynn Louise
- Prescriptive Play Therapy with Families: Theory & Intervention: Lynn Louise
- Evidence Based Play Therapy: Research Supported Treatment Planning: Lynn Louise
- The Magic of Books In Play Therapy: Lynn Louise
- Play Therapy With The Perfectionistic Child: Lynn Louise
- A Prescriptive Play Therapy Approach with Generalized Anxiety Disorder: Lynn Louise
- Play Therapy Interventions for Children of Divorce: Lynn Louise
- Play Therapy with High Conflict Divorce & custody cases: Lynn Louise
- Creative & Expressive Play Therapy Interventions for Children Ages 4 – 11: Lynn Louise
- Neurodiversity Affirming Play Therapy: Robert Jason
- Understanding Ableism & Neurodiversity in Play Therapy: Robert Jason
- Creating a Sensory Affirming Office and Playroom: Rober Jason (AutPlay Therapy Clinic)

**The California Association of Play Therapy (online)**

- Creativity and Expressive Arts In Play Therapy During Challenging Times: Jamie Lynn Langley

### **Southern Sand tray Institute (Online)**

- Finding Fun with Families: Amy Flaherty

### **Dr Roz sand play consultation & Training (Online)**

- Casting light on the shadow of certification in sand play

### **Interplay Play Therapy Australia**

- Certificate of Attendance for Understanding Traumatized children's Behaviour: Donna Berry

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

- ❖ Emojar Counselling & Consulting Services (Online Courses)
  - Certificate course in Child Counselling Foundation Course
  - Certificate Course in Colour as a counselling tool and Healing
  - Art as a Counselling Tool
  - Anger Management Tool kit workshop
  - Certificate Course in Art in Therapy: Self Exploration (Level 1)
  - Participation Certificate in The Magic Carpet Technique: An art tool in counselling
  - Participation Certificate in workshop If I was a Rose: a tool in counselling
  - Participation Certificate in online workshop on Vision Board in Counselling- Art Therapy Technique
  - Participation certificate in Art Based CBT Counselling Tools
  - Participation certificate for attending the foundation in TAT/CAT Projective Techniques
  - Participation in online workshop on Guided Imagery in Psychological Counselling
  - Participation in online workshop on Dealing with Negative Emotions
  - Participation in Online workshop on Doodle Making
  - Participation in Online Workshop on Mini Mental Status Examination
  - Participation in Online Workshop on Learning Style Questionnaire

### ❖ **S.N.D.T University (Mumbai)**

- 1) Certificate Course in Guidance & Counselling Orientation
- 2) Certificate Course in Child Guidance & Parental Counselling

❖ **SensAble Child Clinic (Online)**

- 1) Child Assessment Program

**Additional Qualifications:**

- Attended It's A Beautiful Day In The Playborhood: 2nd World Edition!: Recorded Webinar  
Hours Presented by: Liana Lowenstein, MSW, RSW, CPT-S
- Attended It's A Beautiful Day In The Playborhood: 3rd World Edition!: Recorded Webinar  
Hours Presented by: Liana Lowenstein, MSW, RSW, CPT-S
- Attended 90 mins Webinar on Play Therapy & importance of Play in the early year classroom  
by Lucy Bowen
- Attended 2-hour webinar on Play therapy & Autsim (ASD) by Lucy Bowen
- Attended The Role of Emotion in Difficult Behaviour: Alyssa Caldbeck (Online)
- Attended Connection in the Classroom: Keeping the Toughest Kid closest: Robyn Gobbel  
(Online)
- Attended School safety: From Prevention to Beyond: Susan Elswick (Online)
- Attended Quick Tips for Going Digital: Jennifer Taylor (Online)
- Attended a Workshop **on Learning Styles, Visualization & Mind Map** conducted by  
Maharashtra Dyslexia Association.
- Attended a Workshop on **Creating Thinking Classroom** conducted by Maharashtra Dyslexia  
Association
- Attended National Conference on **Applications & Future of Psychology**
- Attended a Workshop on **Play Therapy** conducted by Vivo
- Attended **Marathi Manasshastra Parishad's 18<sup>th</sup>** annual conference in 2003

- Was associated with **Dr Nirmala Rao (Psychiatrist) Aavishkar center for Self-Enrichment** as Counselling Psychologist for 9 years
- **Provided Counselling to 26/11 Victims at J.J. Hospital**
- Was associated with **Maharashtra Vyavasaya Margdarshan Kendra (Dadar) as a career counsellor for one year**

### **Workshops Conducted:**

- ✓ Conducted study skills workshops.
- ✓ Conducted workshops on Multiple Intelligence
- ✓ Conducted workshops on Personality Development
- ✓ Conducted Workshop on Social Skills.
- ✓ Conducted Parenting workshop in Schools
- ✓ Conducted Good Touch, Bad Touch workshop
- ✓ Conducted workshop on Self care for Adolescent girls for The Vatslaya foundation
- ✓ Behaviour Management (online session for Sister from Canossa)
- ✓ Conducted workshop on Therapeutic Interventions with children for Sisters from Canossa (Mumbai)
- ✓ Nurturing Children Mental Health for sisters from Canosaa (Mumbai)
- ✓ Conducted workshop on Women's Day for Adolescent girls for The Vatsalya foundation
- ✓ Conducted Workshop on Behaviour Management & Parenting for Bal Asha Child Development Centre Parents

**Currently undergoing supervision in current practice:** No

**Ages catered for:** Children & Adolescent

**Services offered:**

- Counselling & Play Therapy for emotional, behavioural, trauma, academic problem
- Adoption Counselling & counselling for Street children
- Administration & Reporting of various Psychological Test
- Aptitude Test & Career Counselling

**Personal Profile:**

I am Pradnya B Aklekar counselling psychologist from Mumbai with 21 years of experience. I am associated with Bal Asha Trust an Adoption Agency and Child Development Centre. I am also associated with The Vatsya Foundation which works for Street children and their rehabilitation.

My job profile includes dealing with behavioural, social, emotional issues, academic difficulties, trauma counselling for children, preparing children for Adoption, administration of various psychological test and reporting.

Play Therapy is integral part of my work. I practice Art Therapy, Sand tray Therapy, Behaviour Therapy along with counselling. I have successful dealt with cases of Selective Mutism, Aggression, Behavioural Problem, Emotional Problems.

I practice in person and online Counselling for children. I love learning, reading and enjoy working as Play Therapy practitioner.