



**HANSRAJ COLLEGE
(NAAC A++ CGPA 3.71)
UNIVERSITY OF DELHI**



INTERNAL QUALITY ASSURANCE CELL (IQAC)

presents

**3 MONTH
ONLINE
CERTIFICATE COURSE
ON**

CHILD & ADOLESCENT CARE

COURSE DETAILS

The Certificate Course in Child & Adolescent Care is designed for psychology students, mental health professionals, educators, school counsellors, social workers and individuals working with children and adolescents. Grounded in trauma-informed and developmental perspectives, the course explores the emotional, relational and psychological worlds of young people while equipping participants with practical skills for assessment, intervention and ethical practice across educational and institutional settings.

KEY AREAS OF FOCUS

- AI & Mental Health in School and College Settings
- Observation & Assessment of Trauma in Children and Adolescents
- Neurodivergence & Trauma
- Fantasy, Play & Symbolization in Child Development
- Trauma & Dissociation in Children
- Rage, Substance Use & Self-Harm in Adolescents
- Working with Child Sexual Abuse
- Working with Children in Indian Institutional Settings
- Trauma, Loss & Attachment Disruptions
- Understanding the Inner Worlds of Children
- Legal Dimensions of Working with Minors

HIGHLIGHTS

- Taught by seasoned practitioners from India and abroad
- Reflective, experiential and interactive learning format
- Real-life case vignettes and peer discussion spaces
- Assignment focused on therapist development and self-awareness
- Pre and Post Session reading materials
- Certificate awarded by Hansraj College, University of Delhi

DETAILS

Duration: 3 Months (Oct-Dec, 2026)

Class time: 7-8.30pm IST every Saturday

Medium: Online via Zoom

Eligibility: Psychologists, Psychiatrists, Social Workers, Educators, College Students & Psychology Enthusiasts

Limited Seats.

Course Begins in October, 2026.

Fee Structure:

Standard Fee: ₹15,000/-

Discounts & Scholarships:

- **Early Bird Offer: 20% off (₹12,000; valid till 15th July)**
- **Group Discount: 10% off for groups of 3 or more**
- **HRC Students & Staff: 50% off**

Discounts and Scholarships cannot be combined.

CONTACT US FOR QUERIES OR TO REGISTER

**To register or for queries,
contact-**

**Rachel Alice
(Course Convener)**

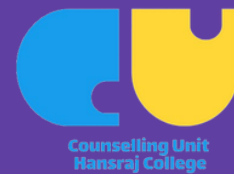
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**CERTIFICATE
IN
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COURSE SPEAKERS



Dr. Monisha Nayar Akhtar
*Child Psychologist & Psychoanalyst,
Pennsylvania, US*



Dr. Nupur Paiva Dhingra
*Child & Adolescent Psychotherapist
Founder- The Family Tree*



Dr. Itisha Nagar
*Psychologist & TedX Speaker
Former Faculty, Kamla Nehru College*



Rajinder Singh
*Psychodynamic Psychotherapist
IPA, London*



Arushee Wahi
*Child Psychologist
PhD Scholar, NIMHANS*



Rhea Raghavi
*Psychoanalytic Developmental Therapist
Founder, Big Little Feelings*



Niru Sankhala
*PhD Clin. Psy. Candidate
Duquesne University, Pennsylvania, US*



Pitamber Yadav
*Lawyer
Fellow, Chartered Institute of Arbitrators*



Urmi Duggal
*Psychodynamic Therapist
Trainee, ICAPP, Australia*



Meghna Joshi
*Psychodynamic Counsellor
The Indian School, New Delhi*



Swasti Jain
*School Psychologist, Blue Bells School
Founder, Genzee Therapist*

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Rachel Alice (Course Convener)
+919450639462 (WhatsApp or call)
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Dr. Monisha Nayar-Akhtar

With over 30 years of experience, Monisha Nayar-Akhtar, Ph.D. is a licensed child, adolescent, and adult psychologist/psychoanalyst located in the Greater Philadelphia Area.

She is the founder of the Indian Institute of Psychotherapy in India and has been a pioneer in research related to orphaned and vulnerable children in the South Asian region. She is also the founder and editor-in-chief of ICEB “Institutionalised Children: Explorations and Beyond”, a journal composed of papers by policy makers, mental health workers, researchers, social workers, and any other individuals who are involved in the field of care and management of institutionalised children, or other alternative care.

Dr. Nayar-Akhtar is a distinguished member of the American Psychoanalytic Association, holding several positions related to multicultural and child issues, as well as a member of the International Psychoanalytical Association, which recently recognized her work and research with the Ticho Foundation Award in 2016. She has published extensively, holding authorship of several books and articles appearing in journals such as Psychoanalytic Inquiry and the Journal of the American Psychoanalytic Association.

Her dedication to research and learning, is a testament to her desire to provide the very best for her patients and the community at large. Dr. Nayar-Akhtar's supervision and training is a testament to her passion in assisting therapists in training as well as colleagues to ensure that they are the most effective clinicians for the people they have pledged their careers to help.



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Dr. Nupur Paiva Dhingra

Nupur D. Paiva is a Chartered Clinical Psychologist, Associate Fellow with the British Psychological Society, Child Psychotherapist and mother-of-two, all of which she has worked very hard at. Especially, the two children.

She started Family Tree: Child and Adolescent Mental Health team, in 2018 in New Delhi. She taught 'Infant Observation' on the Psychotherapy training course at Ambedkar University, Delhi from 2012-2020. She is regularly invited to write articles on emotional and mental health for national dailies and for discussions on conference panels. You can find a lot of this through a google search.

In 2014 she decided to train further, especially on how to work with hard-to-engage-adolescents, anxiety and depression in young people. She completed a certification in Intensive Short Term Dynamic Psychotherapy. The process of this training took five years of consistent truth-facing and changed her life, making her more courageous. Now she is training others to work with this technique. She is the author of Love & Rage: The Inner Worlds of Children, which was published in 2017, which is very close to her heart and has a lot of detail on what psychotherapy with children looks like. Along with her husband, Richard Paiva, she is a co-founder of The Art of Sport – a development programme for girls, using sport and group therapy.

For her own energy and emotional balance, she likes to dance and though her motor coordination does not approve, she does not let that stop her.



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Dr. Itisha Nagar

Dr. Itisha Nagar is a trauma-focused psychologist, mental health researcher, thrice TedX speaker, and former assistant professor of Psychology, University of Delhi. Dr. Nagar has been actively invited to hundreds of talks and workshops in educational institutions throughout the country. She has mentored countless students inspiring them to think critically and sensitively. Dr. Nagar actively engages in psychological counselling, training workshops and awareness programs about topics such as mental health, gender, trauma, feminism, and neurodiversity. For her work, Dr. Nagar has been awarded the Phenomenal SHE award for 100 most influential women in 2025 India by Indian National Bar Association. She has also been awarded for the Best Use of Traditional Classroom

for Mental Health Literacy award by Bharat Dialogues. In her free time she enjoys using the tool of social media to make psychology jargons accessible and understandable. Dr. Nagar's overarching goal is to contribute to making the world more compassionate, empathic, just, and self-aware place through education.



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Rajinder Singh

Mr. Rajinder Singh, a dedicated Psychoanalyst and Psychotherapist in Delhi with over 24 years of experience in mental health. He has a deep understanding of the human mind, having supported individuals, couples, children, families, and groups through a wide range of psychological challenges. Rajinder's approach goes beyond the surface, delving into the complexities of life to truly understand what's going on. Beyond his clinical practice, he's a passionate educator, having taught and supervised psychology students at Ambedkar University Delhi. He's also committed to strengthening the mental health community, regularly organizing workshops and training for counselors and psychologists, even those at the grassroots level. Working in Canada as a teacher and as a mental health professional for the last 2 years has also helped him bring multicultural perspective to his clinical understanding. Before his academic work, Rajinder spent over a decade in the social sector, collaborating with organizations like Sahara Rehabilitation Centre and Salam Balak Trust. This invaluable experience allowed him to address critical issues such as drug abuse, HIV/AIDS, child sexual abuse, suicide and trauma, including working in crisis intervention centers. Today, he continues to make a difference through his private practice, offering supervision, and leading workshops and seminars for mental health professionals and trainees.



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Pitamber Yadav

Pitamber Yadav is an India-qualified lawyer currently based in Gurugram, Haryana. He holds a Master of Laws (LL.M.) in International Arbitration & Dispute Resolution from the Faculty of Law, National University of Singapore (NUS), where he was awarded the Faculty Graduate Scholarship (FGS). He completed his BA LL.B. (Hons.) from Jindal Global Law School in 2017. He has professional experience with the Singapore International Dispute Resolution Academy (SIDRA) and PricewaterhouseCoopers India (PwC India). His areas of focus include mediation, international arbitration, and commercial negotiation. He is a Fellow of the Chartered Institute of Arbitrators (CIArb) and an Accredited Mediator trained at the Indian Institute of Corporate Affairs (IICA), Ministry of Corporate Affairs (India), and the Singapore International Mediation Institute (SIMI).

Pitamber brings a practitioner's perspective on conflict, communication, and the role of structured dialogue in resolving disputes. His work in mediation and negotiation intersects meaningfully with themes of psychosocial care particularly around how people navigate conflict, distress, and the need for safe, facilitated spaces. He is passionate about the evolving landscape of Alternative Dispute Resolution (ADR) in India, and the growing recognition of trauma-informed approaches within it.



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Arushee Wahi

Arushee Wahi is a Clinical Psychologist with a passion for psychotherapy, particularly its process and relational aspects. Her niche predominantly involves working with children, adolescents and their families. With a background encompassing Undergraduate, Postgraduate, and M.Phil. degree in Clinical Psychology from NIMHANS, she has worked with populations from varying socio-cultural backgrounds and clinical conditions. She has also completed the basic training in Mentalization-based Treatment accredited by the Anna Freud Center, UCL.

Her interests further include understanding the intricate dynamics of family systems while approaching therapy with adolescents, mentalization in adolescents and integrated psychotherapy.

Currently, Arushee is pursuing her PhD at NIMHANS specializing in working with adolescents with internalizing difficulties and their parents.



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Niru Sankhala

Niru is a research scholar and therapist working and studying at Duquesne University, Pennsylvania United States. She is currently working on multiple research projects on the topics of imagination, fantasy, trauma, body based intervention and post partum psychopathology. She has recently started teaching developmental psychology seminar to undergraduate students at Duquesne. She is very passionate about life span development and the marvel that is human growth. She enjoys incorporating multiple modalities in her therapeutic work including sensory play, imagination as well as picture books. Looking forward to teaching and learning with a group that wishes to delve deep into the world of fantasy not just intellectually but emotionally.



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Rhea Raghavi

Rhea is a psychoanalytic developmental psychologist. She did an undergrad in English from St. Stephens College, MA in psychosocial clinical studies from AUD, and MSc. in psychoanalytic developmental psychology from UCL/Anna Freud Centre in London. Since, she has worked at a care home and was a counsellor at a school in Gurgaon for 4 years working with nursery - grade 1 and then 9th -12th grade. She has been in private practice since 2020 and started a counselling centre recently in Provorim, Goa called Big Little Feelings. In between she has also trained in ABA, a form of therapy used for those with autism and in a number of other therapeutic modalities. Last year she also completed a PG Diploma course in supervision for mental health practitioners. She primarily works with children, teenagers, and young adults up to the age of 25.



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Urmi Duggal

Urmi Duggal is a psychodynamic psychotherapist with a Master's in Clinical Psychology from Ambedkar University. She is currently training in child and adolescent psychoanalytic psychotherapy through ICAPP (Australia). With over six years of experience in the mental health field, she completed her post-master's clinical training at the Hank Nunn Institute through their UNREAD program, which combined academic learning in relational psychotherapy and group work with immersive clinical experience. Urmi works from a relational, psychoanalytic, and trauma-informed lens and runs a full-time private practice. Her therapeutic orientation is grounded in a long-standing interest in childhood trauma and its enduring impact. Central to her work is the belief that the therapeutic relationship itself can become a powerful site of transformation. She strives to create a containing and supportive space where unconscious material can safely emerge, be held, and explored together—allowing parts of the self that have long remained hidden to come into view. Urmi's earlier work in the development sector on gender violence and rights informs her psychosocial lens. She has also worked closely with adult survivors of child sexual abuse through clinical, research, and advocacy roles.



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Meghna Joshi

A dynamically oriented counsellor working with adolescents for the past two years in school's with a focus on adolescent mental health and well-being. Besides a strong focus on counselling and psycho-education, also work extensively with counsellor well-being and training within the school set up. I completed my masters from Ambedkar University Delhi and started working with the Indian school in 2023. Besides children, I also work extensively with teacher training.



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Swasti Jain

Ms. Swasti Jain is the Founder of Genzeetherapist and a passionate Counseling Psychologist committed to making mental health accessible, practical, and relatable for young adults, students, children, and adolescents. She is an alumna of Lady Shri Ram College for Women, Amity University, and Jamia Millia Islamia, with academic and professional experience spanning clinical, educational, and organizational mental health settings. Currently, she serves as a School Counselor and School Psychologist at Blue Bells Group of Schools, where she works extensively with children and adolescents, supporting their emotional, behavioral, social, and academic well-being. Her work includes individual counseling, crisis intervention, psychoeducation, life skills facilitation, parent consultations, teacher collaboration, and the design and delivery of preventive mental health programs and workshops for students across age groups.

Over the years, she has 2+ years of experience with leading institutions including PhysicsWallah, Masters' Union, Fortis Healthcare, Sir Ganga Ram Hospital, and AIIMS (through Mental Health Foundation India), gaining diverse experience in counseling, psychological assessments, psychoeducation, and mental health interventions across clinical, educational, and community settings.

Alongside her professional practice, Swasti leads Genzeetherapist, a psychology-focused EdTech and mental health platform dedicated to mentoring students, training future psychologists, conducting workshops, facilitating internships, and bridging the gap between academic psychology and real-world practice. Beyond her roles as a psychologist, she is an educator, facilitator, mentor, content creator, and speaker who is passionate about empowering individuals with evidence-based psychological knowledge and practical skills. With extensive experience working with children, adolescents, college students, and young adults, she strives to create safe spaces that foster emotional resilience, self-awareness, and meaningful growth while inspiring the next generation of mental health professionals.