

# Mental Health Center

## Psychological and Psychiatric Services offered

### **Psychological Assessment :**

Intelligence (I.Q)  
Personality  
Memory (M.Q)  
Emotional Quotient (E.Q)  
Social Development (S.Q)  
Interpersonal Competence  
Learning Disability

### **Counseling and Psychotherapy :**

Problems of adjustment of all age groups  
Pre-marital & Marital Counseling  
Parental Counselling  
Under achievement in school  
Cognitive-Behaviour Therapy (CBT) for  
Anxiety, Depression,  
Obsession (O.C.D), Hysterical Behaviour,  
Psychotic Conditions  
Alcohol & Drug Addiction  
Personality Development

### **Services to Parents :**

Art of Parenting,  
Reducing the impact of disability for  
developmental delay  
Mental retardation, Autism

### **Behaviour Therapy : (B.T)**

For Generalized Anxiety Disorder,  
Panic Attacks, Social Phobia and other phobias  
Obsessive Compulsive Disorder  
Psychosexual Problems  
School Phobia, Examination Phobia  
Suicidal attempts

### **Stress Management :**

For Students, Parents, Executives



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