Indratapa Das

Indratapa Das is a counselling psychologist with around 5 years of experience. She became a psychologist while she was on her search for a purpose and meaning in life. During this hunt, she found that she was both an analytical scientist and a creative artist. That's when she decided to utilize both in her sessions with clients. She uses art to help people discover themselves, find their parts that they might have left behind, or had to hide away from the world. She also practices scientifically informed evidence-based psychotherapy practices, while using art as a mere tool, to help people find healthy ways to fully and truly be themselves."

Indratapa specializes in Couple and Family Therapies. She holds a Diploma in "Psycho-Social Well-Being using Multi-arts and Play". She is also a Certified Mindfulness Practitioner. She brings together all her knowledge and insights to provide a safe space for one and all and help them discover themselves.