# **FEEDBACK OF CLIENTS**

* The sessions are very good. She is very empathetic and a good listener and gives good advice. My life has improved a lot after taking the sessions. I have learned a lot and I am very grateful to her for that.

***26 years,***

***Issues – Self -esteem, overthinking, overwhelming emotions, difficulty in adjusting to new city.***

* I recently started in-clinic therapy session with Shreya Ghosh. At first I was scared to take the therapy. I had several doubts about it too like "do I really need this?" Or like " can't I overcome this by myself?" Or " how am I going to open up to someone completely unknown?" But as I took the sessions as scheduled my doubts started to fade away. First of all the aura of Shreya dii is very calming and very familiar. She is very kind and gentle not only in her appearance but also with her words and gestures. On one hand it's a journey of healing, overcoming and letting go and on the other hand it's a process of understanding and accepting all the versions of yin & Yang of my own self... Shreya dii gave me the space to express myself without the fear of being judged. It feels like I can be at ease in front of her. I can be vulnerable in front of her. I can rely on her blindly with my raw emotions and feelings. In one line i would say, for the next couple of months she is going to be the anchor of my ship (journey) ; and then the ship will sail again against all the currents of life.

***31 years,***

***Issues- Traumatic childhood experience, toxic family environment, depressive symptoms present, attention and concentration difficulties.***

* Hi Shreya,

I just wanted to say a big thank you for all the sessions we've had. They've been incredibly helpful to me over the past few months. I often come in feeling mentally overwhelmed and directionless, but your advice and insights always give me a new perspective. I always leave feeling hopeful and calm. Also appreciate having a safe space to express my emotions and vent without any judgment. I'm truly grateful for that.

***35 years,***

***Issues – Relationship difficulties, unable to manage overwhelming emotions.***