

I am excited to write this testimonial. I have been with Dr. Bhavna Barmi for around a year with around 2 sessions a month. I have a history of long-term major depression with heavy psychiatric medicine load from different psychiatric class of medicines, viz. Antidepressant, anxiolytic, mood stabilizer anti-psychotic. This wider class of medicine resulted from changing psychiatric diagnosis from depression to Bipolar disorder 2 or hypomania, however this journey of diagnosis did me no respite from 24 into 7 suffering of bad mental health.

I have a history of long-term emotional abuse from my family. If this was not enough my family exploited me economically, socially and sexually too.

I met Bhavna when I was having a complete gloomy period with contractual job and no hope for permanent job. I had just stopped psychiatric medicines, was experiencing severe withdrawal symptoms, anxiety and depressions. Anger was very high. Emotional issues were at their peak stopping my overall growth in every area. I was occupied with " what I have done for my family and how they have cheated me economically, physically, emotionally, sexually and socially ". I was so overwhelmed with these emotional concerns that I was not able to think, instead of managing my depression I was aggravating and maintaining it. I could not afford frequent counselling sessions as I did not have permanent job, years of unemployment period and financial debt. In this condition Bhavna instead of limiting her help to paid counselling sessions offered unlimited counselling session with one of her intern Supriya, just to help me to get over my childhood issues pending over two decades. This was a complete humanitarian approach towards me free from any professional benefits. I continued meeting Bhavna along with Supriya. In other words my quite a few sessions were paid.

I wanted to bring my wife Alia to counselling session to make my life better and to improve our interpersonal relationship with each other. To whom Bhavna responded positively and my wife joined counselling to help me at no extra help. Infact she took care of my every concern like my 3+ years old child become stubborn after hospitalization due to fever and was not doing his school homework. We were provided another full team of counsellor for role play for me and Alia, Psychological understanding of my child to suggest measure to make him do homework. And this has worked dramatically for me, for our overall relationship and drastically for my child overall learning. Now we get many appreciations from his school and day-care. Not only he does homework but a better learner for extracurricular activities and towards offering of English as a language of communication for him.

Today when I am writing this testimonial, I have completed one year of happy drug free life and so busy with the happiness that I have forgotten sadness.

I am not a right person to appraise her professional capabilities however as a normal person and a client of her I can say that she is **Humanitarian, Ethical, Generous** and a psychotherapist with great **Acumen**.

At the end I Wish Dr. Bhavna Barmi a great successful in every endeavour of her life.