

Dr. Haritsa is an Assistant Professor in the Department of Psychology, CHRIST (Deemed to be University). She is a psychotherapist by training and is the founder of The Manaha. She defended her PhD in Psychology in August 2023, and she has a master's in Clinical Psychology. She has done additional diplomas and courses in Couples and Family therapy. She has worked with numerous clinics and hospitals, including Mind Matters, KIMS Hospital, Parijma Neurodiagnostic Centre, HOPE - The Early Intervention Centre, Manasa Neuropsychiatric Hospital, and Prasanna Counselling Centre.

Her doctoral work was in the field of family therapy, and she developed a family therapy module to treat Psychogenic seizures. Her areas of interest include family therapy, couple therapy, neuropsychology, and clinical psychology. She has authored numerous papers, including chapters published in Scopus-indexed and Web of Science-indexed journals, and has also presented at national and international conferences to her credit.

She is a dedicated psychotherapist based in Bangalore with over 7 years of professional experience in providing psychological support and therapy to individuals, couples, and families. Skilled in addressing a wide range of mental health concerns, including anxiety, depression, stress, relationship difficulties, emotional regulation, and life transitions. Adopting a client-centred and evidence-based approach, she creates a safe, empathetic, and non-judgmental space that fosters self-awareness, resilience, and personal growth. Committed to promoting mental well-being, works collaboratively with clients to help them achieve meaningful and lasting positive change. She also has certifications in EFT and Expressive Arts Therapy to her credit.