



## Personal Counselling for Adults

Dr. Aindri Jayasinghe  
BPS Chartered Psychologist  
HCPC Registered

50 min 5,000 Rs

Counselling can be an important part of a holistic approach to wellbeing. Through her sessions, Aindri offers a space to safely explore whatever matters to you. This might be any problems, concerns, or questions that you have, or it might simply involve thinking and talking about where you are in your life at the moment. Her specialisation is in work with traumatic bereavement and with adult survivors of childhood abuse, but she is also experienced in working with other challenges such as stress, depression, anxiety disorders, loneliness, meaninglessness, self-esteem, identity, and sexuality, among other existential issues.

Aindri aims to always maintain the highest professional and ethical standards. She has trained rigorously in existential, psychodynamic, and cognitive behavioral approaches, but seeks to avoid any mystification of the work that she does. Instead, she encourages a collaborative and open dialogue. In your work together, you will look to understand your current situation and examine ways to open up new possibilities for how you can live more fully and with greater ease.

Aindri is able to offer time-limited or open-ended work, depending on what suits your needs.

**Appointments: 011 268 4808 / 076 557 5556 / [pranalounge@gmail.com](mailto:pranalounge@gmail.com)  
[pranalounge.lk](http://pranalounge.lk) Holistic Health Center 60 Horton Place Colombo 7**