

# Solution Focused Counseling

with Sukanya Wignaraja  
specialising in grief & loss issues,  
anxiety & depression



by appointment  
60 min 6,000 Rs

Sukanya Wignaraja is a certified solution focused therapist and an executive coach certified to PCC level (Professional Certified Coach) by the International Coach Federation. She has worked in the mental health field for 20 years, in several countries, including the UK, Japan and the Philippines. Sukanya works primarily with individual adults and couples and occasionally with older adolescents (age 15 upwards) and specializes in grief and loss issues, anxiety and depression. As a solution focused therapist, Sukanya helps clients to identify their inherent strengths and coping mechanisms and guides them to utilize these in realizing their preferred futures.

Sukanya began her career in mental health as a clinical social worker, after completing a Masters in Social Work from Oxford University. Sukanya worked in a range of mental health settings, both community and forensic. Community mental health teams in the UK focus on people with severe, enduring mental illness and Sukanya worked in such teams in different parts of London. In addition, she spent time in forensic services in hospitals and prisons, working with mentally disordered offenders.

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