



## **Bhavika,** Behavioral Health Intern

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### **Education and Certification**

Master's in clinical/community mental health from Western Illinois University. Bachelors in Elementary education from University of Delhi, India.

### **My Treatment Philosophy**

I believe therapy works best when it feels collaborative and genuine. My approach is client-centered and humanistic, meeting the clients where they are. At the same time, I use CBT techniques to gently challenge negative and distorted beliefs, helping clients see new perspectives. It's about creating a space where everyone feels safe, supported and empowered to make the change they are inherently capable of.

### **A little bit about me...**

Outside of work, I love horror movie marathons with friends or by myself. I also am an avid reader of all things fiction and sometimes like to write my own stories. Stories inspire me to bring the same curiosity and openness in my work with clients.

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