



SOC च

THE MIND CLINIC

www.sochthemindclinic.com

ABOUT US

At Socच - The Mind Clinic, we are committed to supporting individuals on their journey towards emotional well-being, mental health, cognitive processes and a flourishing mind. Our clinic provides compassionate, evidence-based psychotherapy services tailored to meet the unique needs of each client. We believe in a holistic approach to mental health, integrating various therapeutic modalities with a blend of traditional roots to foster growth, resilience, and healing.

At Socच, we believe in creating a safe, non-judgmental space where you can explore your thoughts, feelings, and behaviours, and develop the tools needed to lead a healthier, more fulfilling life. Your well-being is our priority, and we are dedicated to working with you every step of the way on your journey toward mental wellness.

Transform your mind, transform your life—with Socच!

ABOUT DR SHREYA BHUTANI

Dr. Shreya Bhutani is the Founder and Director of Socच - The Mind Clinic in Prayagraj. She is a Psychiatric Psychotherapist, Psycho-Oncologist, Mental Health Specialist and a Licensed Medical Practitioner. Her qualifications include an MBBS from DAVV, Indore; Masters in Public Health from The University of Melbourne, Australia, PG Diploma in Psychiatry, Diploma in Mental Health, Diploma and Advanced Diploma in Cognitive Behavioural Therapy (CBT), Diploma in Addiction Substance Abuse, Diploma in Neuro-linguistic Programming and is trained in Hypnotherapy, Mindfulness Based Cognitive Therapy (MBCT), Emotion Focused Therapy (EFT), Dialectical Behavioural Therapy (DBT), Acceptance and Commitment Therapy (ACT), Gestalt Therapy, Metacognitive Therapy (MCT), Rational Emotive Behaviour Therapy (REBT), Supportive Therapy and Interpersonal Therapy (IPT). It's her mission and passion to make optimum and quality mental healthcare accessible and affordable in the region and create awareness for an overall positive health for all.

WE CAN HELP WITH:

- Depression
- Anxiety
- Panic Attack
- Mood Disorders
- Eating Disorders
- Sleep Disturbances
- Grief, Loss and Bereavement
- Burnout
- Post-Partum/ Natal Challenges and Depression
- Post-Menopausal Challenges and Depression
- Trauma/ Accidents/ Abuse
- Fears and Phobias
- Life Transitions
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Family and Relationship Counselling
- Stress Management
- Navigating Ageing
- Problem Solving and Clarity Building
- Motivation
- Body Positivity
- Gender Identity Support
- Anger Management
- Self Esteem Building
- Personality Development and Building
- Confidence Building
- Counselling for Chronic Disease/ Chronic Pain
- Life Building Post Trauma
- Intimate Partner Violence / Domestic Violence
- Support and Counselling for persons living with disability
- Emotional Resilience
- Addiction / Substance Abuse Management
- Conflict Management

WHY US



CONFIDENTIAL
AND
DISCREET



PROFESSIONAL



NON JUDGEMENTAL



EMPATHY



LICENSED
PRACTITIONER



GOOD
LISTENER

WHAT WE OFFER:

Psychotherapy and Mental Health Counselling:

Our clinic offers professional psychotherapy and mental health counselling services to support individuals facing emotional, psychological, and behavioural challenges. We provide a safe, confidential, and non-judgmental environment where clients can explore their thoughts and feelings, develop coping strategies, and work toward personal growth and healing.

Our services include evidence-based approaches such as Cognitive Behavioural Therapy (CBT), Interpersonal Therapy, Hypnotherapy, ACT, DBT, EFT, MBCT, MCT, Neuro-linguistic Programming and Supportive Counselling. Whether you are dealing with anxiety, depression, relationship issues, trauma, addiction, or stress, our clinic is here to guide you on your journey to improved mental health and well-being.

Key Benefits:

- Improved emotional resilience
- Better coping strategies for stress and anxiety
- Enhanced self-awareness and personal growth
- Strengthened relationships and communication skills

Our goal is to empower you to achieve lasting change and mental wellness

Health and Disease Counselling:

At our clinic, we believe that understanding your health is the first step toward better living. Our Health and Disease Counselling services offer personalized guidance to help you manage your health conditions, prevent illness, and make informed decisions about your well-being. This includes cross-checking your reports, referral advice, addressing health queries and proper supplementation. We provide expert advice on lifestyle changes, disease prevention, and chronic condition management, empowering you to take control of your health. Whether you're managing diabetes, hypertension, heart disease, or simply want to maintain a healthier lifestyle, we're here to support you every step of the way.

Psycho-oncology:

Facing cancer is a journey that affects not only the body but also the mind and spirit. Our Psycho-Oncology services are designed to provide emotional and psychological support to individuals diagnosed with cancer, undergoing treatment and recovering individuals, as well as their families and caregivers. We offer compassionate counselling to help you cope with the stress, anxiety, depression, and emotional impact that often accompany a cancer diagnosis and treatment. Through tailored psychotherapy, we help patients build resilience, manage fear, and find meaning during difficult times, while supporting loved ones in their caregiving roles. At our clinic, we understand that cancer is more than a physical illness—it's a life-changing experience. We are here to support your mental well-being every step of the way, helping you navigate the emotional challenges of the cancer journey with strength and hope.

Wellness Coaching:

At our clinic, we believe that mental wellness is key to living a balanced and fulfilling life. Our Wellness Coaching services are designed to empower you to take charge of your overall well-being by integrating mental, emotional, and physical health practices. Through personalized coaching sessions, we help you set achievable goals, develop healthier habits, manage stress, and create a more mindful and purposeful life. Whether you're looking to improve your emotional resilience, enhance your self-care routines, or simply find more balance, our wellness coaches are here to guide and support you on your journey to holistic well-being. Let us help you unlock your full potential and create a life that aligns with your values and aspirations.



Your well-being matters—compassionate care for a healthier mind and life.

Contact Us:

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