

Dr. C. Anusha Reddy

Consultant Clinical Psychologist | Founder, Dr. Anusha Reddy Minds Clinic
Registered with Rehabilitation Council of India (RCI)

Dr. C. Anusha Reddy is the Founder and Consultant Clinical Psychologist at Anusha Reddy Minds Clinic, distinguished by her expertise and dedication to advancing mental health and well-being. Registered with the Rehabilitation Council of India (RCI), Dr. Anusha Reddy brings over six years of professional experience to her practice, underpinned by an M.Phil. in Clinical Psychology and robust qualifications in psychology, Child Psychology and Family Relations.

Her clinical experience spans a diverse range of populations, including children, adolescents, adults, and the elderly, across leading hospitals and rehabilitation centers. Dr. Anusha Reddy is adept at treating psychological, neurological, and psychosomatic conditions through comprehensive assessments, precise diagnostic evaluations, and evidence-based therapeutic interventions including CBT, DBT, REBT, Family Therapy, MET, and Behavior Modification.

Currently, Dr. Anusha Reddy serves in the Department of Psychiatry at Malla Reddy Medical College for Women (Deemed to be University), Hyderabad, and as a Consultant Clinical Psychologist at Aparna Hospital and Dr. Sulochana Hospitals, Madeenaguda. In addition to her clinical responsibilities, she actively engages in teaching, supervises postgraduate students, guides research projects, and contributes to academic initiatives in psychology.

Her scholarly work includes published research on adolescent mental health, smartphone and internet addiction, academic stress, and psychosocial challenges faced by unorganised workers. Dr. Anusha Reddy is also committed to public outreach, regularly authoring mental health columns in Telugu newspapers to foster awareness and reduce stigma within the community.

Dr. Anusha Reddy's commitment to ongoing professional development is demonstrated through advanced certifications:

- **Cognitive Behavioral Therapy (CBT)** – Sussex Hypnotherapy Centre, UK
- **Interpersonal and Social Rhythm Therapy (IPSRT)** – under Dr. Ellen Frank, US
- **General Psychiatric Management for Borderline Personality Disorder (BPD)** – Harvard Medical School, US.

At Anusha Reddy Minds Clinic, Dr. Anusha Reddy's vision is to provide a safe and nurturing environment where individuals and families receive holistic care, empowering them to overcome challenges and build resilience. She believes that mental health is not merely the absence of illness, but the presence of balance, growth, and hope.