

## REVIEWS

**#I recommend the doctor #Happy with Treatment Satisfaction #Doctor Friendliness #Explanation of the health issue #Value for money #Wait time #Chethana Psychological Family Counselling Centre.**

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Anxiety Disorder Counselling, Marital Counselling - B R**

Dr Srinivas Reddy Atla was absolutely god send and his counseling helped me steer through a very tricky situation. To give context I am getting married to a guy from different community and the discussion between the parents of both side was creating a lot of anxiety, hopelessness and I was loosing my sanity. I was second guessing my decision and would have given up on the relationship had Atla Sir not counseled me. Atla sir was amazing in not only patiently hearing but also advising on how to handle the discussion, what I should do and shouldn't. His analogy was instrumental and he managed to make me feel a thousand times relaxed. I was able to keep my calm and handle situation with out blaming people and the situation. He is absolutely gem of a counselor. Extremely empathetic, patient and knew exactly how to talk to me to help me tackle my anxiety . He was always available when I was in serious need of counseling and god forbid but if I am going through similar distress and need to talk to a professional I will always reach out to him with out a second thought. He was extremely approachable and he put in a lot of effort to ensure I am comfortable and I could immediately trust him.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Counselling - V S R**

I've been troubled individual for a while now. I bumped into DR ATLA SRINIVAS REDDY through a friend. The first few sessions are key. If you really think about it talking to a therapist who knows nothing about you should be used to one's advantage. DR ATLA helps with a complete different view and gives us tools to manage situations. Nothing happens over night. Atla has been actively part of all my issues and his tools have helped me to a great extent. I was given exercises to do after few sessions. Seeking help is still a taboo in our society. But i really suggest you all to take that leap of faith and go ahead with it. As an individual our mindset tells us that we don't need help. But once you are out of this thought process and understand that it will make you a better individual there's no harm. The key is to have an outlet and DR ATLA is a great listener. I wish DR ATLA SRINIVAS REDDY all the very best and highly recommend him for all.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Psychological Problems - Raga**

I've been suffering due to stress, anxiety & depression for more than two decades. For the first 10 years, i was not even aware that professional help is available to overcome these issues. For the subsequent 10 years, I've sought help from multiple psychiatrists & psychologists but none of them could point out the root cause

which Dr Atla Srinivas Reddy had done with ease in our very 1st session. More importantly, Dr Atla Srinivas Reddy had suggested practical & actionable steps i've to take in order to overcome the above issues and find happiness / fulfillment. Sessions were aptly timed once a week & lot of hand holding was done by Dr Atla Srinivas Reddy through these sessions to execute the steps suggested by him. I've moved from a state of confusion & depression to a state with hope, energy & direction just in a span of few months only because of Dr Atla Sir. I'm glad & fortunate that I had come across him. Wish & pray that such help reaches each and every suffering soul. Thank you Dr Atla Srinivas Reddy. Its been an amazing journey with you. All the very best for all your future Endeavour's

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Interpersonal Relationship Issues - M N R**

I was an average 22 year old young woman, struggling through adulting and identifying myself. I could not contemplate what my root issues are, neither could I make sense of my falling friendships, relationships and social bonds. Sometimes as we grow up, we question our changing moral and ethical beliefs, and I was really struggling through this emotional turmoil. Dr Atla Srinivas Reddy was just what I needed, a non-judgmental, welcoming and warm listener who subtly pointed out my issues that needed to be dealt with. What I personally loved is how he directed me towards channeling and dealing with my own emotions rather than worrying or revolving around others'. I have taken my time to give this review, to see whether this therapy with him actually helped me, and I can say that I have a clearer, less cluttered mind which is at peace and promotes self-love greatly. It has pushed me to adore myself, meet new people with no pre conceived notions, baggage and biases and have a healthy career too. I would strongly recommend Dr Atla Srinivas Reddy who is not only excellent at what he does, but is also a gentlemanly professional.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Career Counselling - R S**

Speaking from the tongue of a person who over thinks, my priorities were often miscalculated, and things tended to seem slightly harder than they were in. I've got a long way to go on my own to find that balance in life where I'm aware and in charge of life in a holistic way. About a year ago I decided to know where exactly I stand and where I want to be and with Dr Atla Srinivas Reddy help all throughout these months, I could figure out what it is that's best for me. It's not like I wasn't in charge of my own decisions, but the help I got from Dr Atla Srinivas Reddy was something that helped me be better in making my decisions. It kind of gave me a starting line from where I would go places. I must admit I'm a lot better now than I was a year ago, although there is still room for improvement, there always is, with therapy I could at least begin my process of learning and accepting life as we know it. I'm grateful to have had this experience of growing and evolving and would thoroughly encourage anyone who is willing to bring about a positive change in their way of thinking to opt for the same

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Counselling And Stress Management - D S R**

Dr Atla Srinivas Reddy is a wonderful person to talk to. I have visited him for my personal transition. He listened and addressed to my issues by a series of questionnaires' and talks. He has guided me with some amazing metaphors which are personalized for my wellbeing. I can say Dr Atla is a whole package one can lean-on. Thank you Dr Atla Sir .

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Career Counselling, Personal development - M L R**

Passionate about the human mind. He has a similar educational background as myself, as IITian and yet he is so amazing in his theories and principles and their implementation from the physical level to the spiritual plane. He has helped me in my career growth and personal development like never before. I highly recommend Dr Srinivas for having coaching sessions with, for healing oneself from the foundations.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Psychological Problems - V R L**

This is V R L from Hyderabad. I visited Dr Srinivas Reddy Atla with depression and with a confused state. I just had 2 sessions with him in which everything got right. He's very friendly by nature. He mainly focuses on our weaknesses and makes them perfect by giving appropriate examples. The thing I observed in him was he knows how to deal each and every person based on their character. Before meeting him I was in very high levels of depression and confused state but now I am really confident on what I am doing and I am easily able to take decisions on my own. I really suggest this Psychologist for all your problems.

THANK YOU Dr Atla Srinivas Reddy. It was a great pleasure meeting him.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Personal development, Marriage/ Marital Counselling - VLN**

I visited Chethana Psychological Family Counselling Centre Dr Srinivas Reddy Atla to understand the problems in my relationship. I was in a toxic relationship for a long time and although I knew something was not right, I always thought my partner could change. It always felt like my partner was doing so much for me. Dr Atla Sir helped me understand the difference between changing/ adapting to the other person's ideology vs changing in his own ideology. All the things I couldn't comprehend until then made so much sense after Dr Atla walking me through them. Dr Atla Srinivas Reddy always explains with the help of examples (sometimes from his own life) which make us feel connected and easily understand the issue at hand. Overall, it has been a great experience.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Obsessive Compulsive Disorder (OCD) Counselling - R S**

I was heavily involved in a spiritual organization and the guru of that organization. Some of the things told by the guru pushed me into a cycle of OCD and depression. Dr Atla Srinivas Reddy was seriously God sent. When I went to see him first, I had very little expectation from him given my experience with other psychologists. However, Dr Atla Srinivas Reddy is very different. He genuinely wants to help and is very solution focused. I felt clearer and calmer with every passing session with him. I would very highly recommend Dr Srinivas Reddy Atla Rehabilitation Psychologist.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST For Psychological Problems - D N**

I suffered from social anxiety for several years now. I always thought that I was different, alone, ' not normal' and thought there was no help available for people like me and that even if there was it wouldn't work. I was scared of whether it would hinder my academics and overall career, something I still cannot imagine compromising on. Hence, I was skeptical at first, but the therapist was very warm and knew exactly what he was doing as I never met someone who understood me so well in such little time. Besides teaching me how to band-aid the pain, and develop the inner muscles to endure it in future, I learnt a wide variety of methods and tricks apart from healing myself that I could use widely in different areas ahead. Although no therapy in the world probably is a magic wand or something, the extent we can talk about is surreal. 6-7 sessions in I already started feeling hope to achieve things I have deeply longed for. Thanks Dr Srinivas Reddy Atla, Highly recommending Chethana Psychological Family Counselling Centre for all psychological counselling needs.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Psychological Problems - N S R**

I am writing this review after a year I had counseling from Dr Srinivas Reddy Atla sir for an issue I was facing for more than 7 years. Dr Atla is a very good and patient listener, moreover felt as if talking to friend. On day one he understood the issue and told me to root cause of the problem. I somehow did not believed him in the initial days and kept on trying to explain him my points. I used to message or call him for very small and minor things and he used to clarify those. I did counseling for 3 months with him. But actually after ending the counselling I started following whatever he told me to. As I followed his each and every guidance I started coming out of things. He actually told me to buy I phone even for second hand saying technology should be to help you not to disturb you, for an issue when I actually did it I realized how much helpful the suggestion was. I am in a lot more better state now. Thank you for all the guidance sir.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Psychological Problems - M V J**

I usually never write reviews but I'm writing this assuming it might be helpful for someone who is facing similar challenges. I have been suffering many psychological problems since many years and even

medication doesn't seem working, my thoughts and behaviour became the biggest blocker in my growth and causes many problems, I started losing friends and all relationships started degrading day by day, was not able to make efforts for my career growth and frustrated with my life, I almost lost hope and thought that I will never be able to overcome this ever, then I reached out to Dr Atla Srinivas Reddy for help and the amazing thing is only after 1st session things started to change and after 7th session I felt like all my mental blockages were lifted, I started feeling free, things turned around, I'm getting reasonable improvements in almost all areas of my life. Dr Atla Srinivas Reddy made me realize the root cause of the problems that I could have never imagined.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Marriage/ Marital Counselling - R K S**

Very happy to share some of my experiences with Dr Srinivas Reddy Atla. Went to him with a lot of loneliness, listened my stuff very patiently and made me realize that self love is most important. Made me realized how you should prioritize yourself rather than others how you respect yourself so that u can get the same respect from others. Thank you Dr Atla for helping me a lot. He sorted out my marital issue.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Psychological Problems - B Y**

Dr Srinivas Reddy Atla is an awesome counsellor; he helped me to get through one of the most difficult phase of my life. He made sure that he treats my issues with utmost care and with scientific reasoning. Will recommend everyone for both professional and in personal front

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Online Counselling Life SKILLS Stress - R R**

I have been going to Dr Atla Srinivas Reddy for over 2 years now. I was very apprehensive about therapy before meeting him and I had gone to some therapists before as well but I did not feel comfortable with them. Dr Atla is very patient and understanding. He takes the time to hear you out and give actual actionable advice. He also helps give a different perspective on life. It is also very easy to book appointments with him, he is very prompt in response. Highly recommended.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Marriage/ Marital Counselling - M S R**

Dr Atla Srinivas Reddy is a very good listener, patient and tries to understand the importance and cause of the problem from the core level. I visited multiple times for counseling which helps me in a great way in both professional and personal fronts. I highly recommend Dr Atla if you are looking for a friendly counselling to rejuvenate our mind to make a correct decision.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Counselling - B S K**

I visited 14 doctors in my life time for treatment of mental health. Out of which Dr Atla Sir is the best. I have never seen a efficient person like him. He gives scientific reasoning and solutions for problems and to progress in life. He listens very well. His advices are really enlightening. He uses good tools to explain while consultation. His every answer clarifies many problems I have. He provided life changing valuable guidance.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Psychological Problems, Career Counselling - C T**

Dr Atla Srinivas Reddy is friendly, patient and a real up lifter. At our first meeting, I had abrupt fundamentals in life, was so defensive minded, impatient, always arrogant and unnatural. By the end of the sessions, he pulled me out of my head and now I am able to mingle with people in a passive nature. If you ever feel like you are downsizing, Chethana counselling Centre is right place to start from.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Marriage/ Marital Counselling - R J**

Dr Atla Srinivas Reddy is a great listener and he understands the problems quickly. Also, he is person you can comfortably talk to and be open about your problems. I would definitely recommend him for any sort of problems in life and he would make sure that you leave with a smile on your face.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Marriage/ Marital Counselling - A K**

Dr Srinivas Reddy Atla is a very good listener, patient and tries to understand the importance and cause of the problem from the core level. I visited multiple times for counseling which helps me in a great way in both professional and personal fronts. I highly recommend Dr Atla Srinivas Reddy if you are looking for a friendly counseling to rejuvenate our mind to make a correct decision.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Psychological Problems - J S R**

Me and wife went for a counselling for few gaps between us and Dr Srinivas Reddy Atla has handled very well and provided better solutions for each other to resolve our gaps. Thank you Dr Atla Srinivas Reddy.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Anxiety Disorder Counselling, Stress - K S R**

Extremely inspired and happy after the session...will look after for the next session... felt like talking to a brother.

Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA  
REHABILITATION PSYCHOLOGIST for Counselling for Depression & Anxiety, Interpersonal  
Relationship Issues, Anxiety Disorder Counselling, Life Skills - V S K

Being in a Good mental state is a boon for leading a happy and healthy life. It takes courage to stand up against all the odds within ourselves. There were many instances in my life that led me to be under-confident, weak and a person with low self opinion. I had been so weak emotionally that even a tiniest decision /dilemma would bring me nightmares. I was extremely pessimistic towards myself. I was in a very toxic relationship and my partner used to treat me like a trash or abuse me at times. Eventually, I didn't value myself at all and the incidents in my life deteriorated my mindset quite well. I ended that relationship at a very low note after a long and painful journey. I lost the self-worth in the process. And it is rightly said- If you can't love yourself, you won't be able to appreciate any good around you. I am lucky to have found Dr Srinivas Reddy Atla as my Psychotherapist. I contacted him at the time when I felt if someone didn't help me, I may harm myself also. Due to the instances in my life and my mindset towards them, I became really introverted to share the intricacies of situations. But

Dr Atla made me very comfortable to talk to and is quite different in his approach towards his patients. I remember I used to talk about things too haphazardly and sometimes was very conscious to share issues, which I couldn't randomly share with anyone, and ended up writing them. But he comprehended all the problems out of the gibberish explanations quite well. I sometimes used to cry during the conversations, but Dr Atla was very patient and analytical listener. He listened to each and every detail very carefully, analyzing the mindset which brings me into that situation. To start with, Dr Atla gave me daily assignments for the week to track down the patterns in my behaviour. We discussed at length about the issues I had faced during the week, and did a why-why analysis of the same to track down the stem of the problems. I used to have abrupt emotional breakdowns, bad temperament and anxiety attacks. He guided me very well to deal with such difficult situations. Slowly but steadily I was able to counter many of such problems by consciously practicing the recommendations given by Dr Atla in every session.

Dr Atla nailed the stem of the problems I faced and illustrated the ways to change the negativity in my mindset. Slowly, he drove me towards self-love and gratitude and helped me to change the approach towards different issues I face in day-to-day life and transformed me into a new and a better human being I am today. The learnings during the session definitely helped me to find the a purpose of my life, which I was completely unaware of. Today, I look back and don't recognize the person I was. My close friends and my parents really saw a massive change in my attitude within a year. I am more confident than I was and very much inclined to grow every passing day. This transformation wouldn't have been possible so quick without Dr Atla Sir. His energy levels are always high. No matter how late it is to attend the session, he is fresh in his mind and pushes one to grow out of their nutshells, no matter what. I really get inspired by him. Thanks for helping me.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Marriage/ Marital Counselling, Personal development - R S**

I always had inferiority complex and was having tough time controlling my anger because of my past. So my husband suggested me Dr Atla Srinivas Reddy as Family counselor. I, first was hesitant and a little bit scared to attend the session but when I sat down and started talking to him ,he made sure I was comfortable. I felt like I was talking to a friend who already knew me well. The best part was it was more of 2 people conversation than 1 sided as he also shares his experiences. Though I failed to communicate some of the things, he understood what my exact thoughts were and how they were bothering me. There were something's in my past which were not easy to share but with Dr Atla being the Family counselor and the way he made me comfortable, I was able to trust him with the details of my past. And not a session was done without cracking up jokes. He really made me a better person. I couldn't suggest more better person as a counselor to anyone. I really thank him heart fully, for what I am today.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Career Counselling, Marriage/ Marital Counselling, Personal development, Stress, Post Traumatic Stress Disorder - V K**

Hi, my name is V K and I want to keep this short. I always dream of going to UK which was my dream and I had to work and put a lot of effort to achieve that, however due to some external factor I had to come to India for a week and that one week became a month and I had to stay back in India, my whole world came crumbling down as that was my dream, I had to take up a call center job and that time I had not even thought in my wildest dream that I would be working in a call center after spending so much time and money, I had lost interest in life and career and was constantly frustrated with myself and my spouse as she did not support my idea of going back, and then she introduced me to Dr Atla Srinivas Reddy, I thought lets humor her request as I never believed in visiting counselor, so after meeting him I see that he was young and you can feel that you are not talking to a counselor but someone who you can relate to, he was quite open with what he said and I was able to open up with him and vent my frustration, after my first visit I was like okay now I visited I know what to do, however he took time to visit me at my place and gave regular guidance and motivation, he gave me good examples of situation where he was able to take control of things and let bad emotions go, he showed me a clear perspective on life and encouraged me to take up more activities, after 2 months of meeting him my first change was my appearance, I was at 85 KG and I came down to 75 KG, the motivation which I got forced me to prove that I can do something, now I have different outlook and have 2 to 3 options open and am confident that I can go forward in life with the motto "if you think and put effort you can". I want to conclude by saying that Dr Atla Sir is not someone who is fantastic or someone who has a magic want to make your problems disappear, but he is your regular guy who you will be able to relate to and someone who can show you the path to approach life, thanks again for the help.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Counselling**

I had a terrible marriage and I went into depression. I was in chaos and lacked direction. I accepted unacceptable things in my marriage just for the sake of saving it and was not completely ready to go for divorce. Lies, betrayal, violence was common in my marriage and I was not ready to discuss the most crucial part that I was married to a person of different sexual orientation. I was emotionally involved and was not ready to accept that my marriage was unsustainable. I tried to do everything but I failed. And I was also devastated by the continuous infidelity by my husband. My in-laws were also torturing me with all possible ways from verbal to physical abuse. I was completely broken. But still, I had no courage to come out of the agony I was living in. Then I met Dr Atla Srinivas Reddy and I am glad that I decided to take sessions from him. He unlocked all the confusions and dilemma I had and gave me direction. Even he was available on messages and calls at midnight to help me out with my emotional trouble. He helped me to understand that my marriage was unsustainable and also helped me to accept the reality which I didn't want to accept. Married to a person with different sexual orientation and weird sexual desires ruins you and your existence. And the marriage becomes a nightmare. Even I have accepted the brutal beating by my husband. I don't think I would be able to describe the pain and torture I have gone through in words. Dr Atla started giving me clarity and direction. He answered all my queries and helped me to see a future without my husband. After taking sessions from Dr Atla Sir I decided to go for divorce and that was the right decision of my life. And now I am happy and at peace with myself and my surroundings. I have clarity and direction in my life. Dr Atla makes himself available for his patients 24/7 and helps them in decision making. I wish him good luck for his future.

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Counselling And Stress Management - V R K S**

I have attended 4 sessions till now and visiting Dr Atla Srinivas Reddy has always been a good experience. Session 1: I visited Dr Atla for the first time during a very sad phase in my life when I had so many problems, with people, with job etc because I used to take things seriously and create problems for myself. I remember he came all the way from VMWD to take my session, which was his single session of the day. I broke down in front of him and spoke whatever was there in my mind. He immediately understood my problem and gave me a simple task for 15 days. I played it like a game and trust me there was a drastic change in my approach towards life.

Session 2: After a noticeable improvement in me I was very excited and visited him again to share my experience with him. I got quite disappointed at the second meeting because at the end I realised that it was more like a friendly conversation with a close friend. I thought it is not going to work like this. But I was absolutely wrong. Because after a few days when I was very sad due to some situation in my life and I wanted to share it with someone and take advice to deal with it. I could think of no one but Dr Atla Srinivas Reddy.

Session 3: I pinged him that day and I told him that I wanted to talk to him immediately and he was kind enough and arranged a telephonic session for me. He gave me confidence to deal with the situation that day. I felt very confident and dealt with the situation well.

Session 4: After a long time, I visited him to speak to him about few fears I had. He helped me to overcome those fears and take bold and good decisions for my life. In between these sessions there were times when I used to ping him and ask few questions in WhatsApp. He always uses to immediately answer those. He is very professional. I never had to wait for the sessions. On the other hand he is friendly and gives so many personal life examples which are so relatable and helpful.

I recommend you to visit Chethana Psychological Family Counselling Centre,

**Visited CHETHANA PSYCHOLOGICAL COUNSELLING CENTRE DR SRINIVAS REDDYATLA REHABILITATION PSYCHOLOGIST for Addiction Counselling - M S**

When I started talking to Dr Atla Srinivas Reddy, I wasn't even aware of my problems that reside deep within me and I constantly eluded their presence as I lived my life in ignorance. On the outside I was living a regular college student life but I did not feel happy about anything and I would constantly hide behind parties and alcohol to avoid taking a good hard look at my life. After a few sessions with Dr Atla Srinivas Reddy, I started to find connections between some unresolved issues of my past and my behavior towards myself in the present day. I started to realize how much abuse I had put my body and mind through; it was almost as if I were punishing myself for a crime I hadn't committed. I discovered parts of myself deprecating and addictive personalities and I started to take measures towards a happier and healthier life. It is also been permanent as if a roadmap has been laid out in front of me. I would highly recommend trusting him as your psychologist or therapist.