



***Prarthana Khullar, MS, LCSW***

Prarthana is dedicated to working with children, teens, young adults, their care givers, and families. She approaches the therapeutic relationship with a genuine curiosity to understand the lives, struggles, and the strengths of her clients. Prarthana's work is primarily grounded in relationship-based, psychodynamic therapy; she is mindful of cultural and religious individuality and approaches her work with an awareness of her client's needs. Prarthana supports collaboration with caregivers, family members, and partners in her work with her clients. She wants to help one better understand oneself, reach their potential and achieve their goals.

**Education:**

- BA, Psychology, Sociology and English Literature, Christ College, Bengaluru, India
- BA, Psychology, University of Illinois-Springfield
- MS, Child Development, Erikson Institute, Chicago
- MSW, Loyola University, Chicago

**Areas of Specialty:**

- Relationship Issues
- Trauma
- Anxiety
- Grief and Loss

**Issues:**

- Emotional Disturbance
- Self Esteem
- Self-Harming
- Sleep or Insomnia
- Conflict
- Coping skills
- Behavior Issues
- Depression

**Alternative Languages**

- Hindi