



**KOKAPET**

## Asha Neuromodulation Clinics

Clinics for Anxiety, Depression, & OCD

Unit # 303, 3rd Floor, Raichandani Business Bay, Gandipet Main Road, Kokapet, Hyderabad, Telangana - 500075

### TEAM

#### PSYCHIATRISTS

S.No.	Name	Timings
1	Dr. Allam Bhavana, M.B.B.S, MD - Psychiatry	1 Pm to 6 Pm
2	Dr. Aana Shah, M.B.B.S, MD - Psychiatry, MRC Psych (UK)	2 Pm to 6 Pm
3	Dr. Tanmayee Vuthandam, M.B.B.S, MD - Psychiatry	6 Pm to 8 Pm
4	Dr. Rohith Reddy, M.B.B.S, MD - Psychiatry	9 Am to 3 Pm

#### CLINICAL PSYCHOLOGIST

S.No.	Name	Timings
1	Ms. Keerthana Vummadisingu, M.Sc, Mphil - Psychology	9 Am to 5 Pm

### CHARGES

#### DOCTOR'S - CONSULTATION / COUNSELLING / DTMS SCREENING CHARGES

S.No.	Service	Visit Type	Fee	Session
1	Physical / Online Consultation	First Visit	₹ 1,500.00	30 mins
2	Physical / Onilne Consultation	Follow-up Visit	₹ 1,000.00	30 mins
3	Physical / Online Counselling	First Visit - Review Session	₹ 1,500.00	30 mins
4	Physical / Onilne Counselling	Follow-up Visit	₹ 3,000.00	60 mins
5	Physical / Onilne DTMS Screening	First Visit	₹ -	15 mins - 30 mins

#### CLINICAL PSYCHOLOGIST'S - CONSULTAION / THERAPY CHARGES

S.No.	Service	Visit Type	Fee	Session
1	Physical / Online	First Visit / Follo-up Visit	₹ 2,500.00	60 mins

#### DTMS THERAPY CHARGES

S.No.	Service	Visit Type	Fee	Session
1	Physical	Any Session	₹ 4,000.00	20 mins

## LIST OF PSYCHOTHERAPIES AVAILABLE

S.No.	Name of Therapy	Uses
1	Cognitive Behavior Therapy (CBT)	Identify and change negative thoughts and behaviors linked to anxiety, depression, and other mental health issues.
2	Dialective Behavior Therapy (DBT)	Manage emotional distress, reduce self-harm, and improve relationships for individuals with intense emotions.
3	Acceptance and Commitment Therapy (ACT)	Accept difficult emotions and commit to meaningful actions, supporting long-term mental well-being through mindfulness-based care.
4	Exposure and Response Prevention (ERP) - For OCD and Anxiety	Help patients gradually face feared situations / thoughts and reduce compulsions with professional guidance and support.
5	Family and Marital Therapy	Improve communication, resolve conflict, and strengthen emotional bonds within relationships.
6	Cognitive Rehabilitation Therapy	Enhance functioning and independence in people with cognitive impairments (memory, attention, problem solving etc.) as a result of brain damage or dementia.
7	Relaxation Techniques	Learn relaxation techniques - such as deep breathing and muscle relaxation - to manage stress, anxiety, and promote calm and focus.
8	Psychological Assessments	Rating scales and projective tests evaluate emotional, behavioral, and cognitive health for accurate diagnosis and care planning. (Review the " <b>List of Psychometric Diagnostic Tests</b> " sheet to know the charges.
<p><b>*Charges for any of the above mentioned Therapy, except Psychological Assessments.</b></p>		
		<b>Rs 3,000/- (per session)</b>
		<b>60 mins</b>

## LIST OF PSYCHOMETRIC DIAGNOSTIC TESTS AVAILABLE

S.No.	Name of Test	Uses	Fee	Session
1	Malin's Intelligence Scale for Indian Children	IQ Tes for Children (6-15 years only)	₹ 4,000.00	120 mins
2	Rorschach Inkblot Test	Psychodiagnostic Test	₹ 3,500.00	120 mins
3	Thematic Apperception Test (TAT)	Psychodiagnostic Test	₹ 3,500.00	120 mins
4	Sack's Sentence Completion Test	Projective Test (used for multiple purposes)	₹ 3,500.00	60 mins
5	International Personality Disorders Examination (IPDE)	Personality Disorders Diagnostic Test	₹ 3,500.00	120 mins
6	Milon Clinical Multiaxial Inventory (MCMI - III)	Psychodiagnostic Test	₹ 3,500.00	120 mins
7	Suicide Ideation Rating Scale (SIRS)	Screening for Suicidal Tendency	₹ 2,500.00	60 mins
8	State-Trait Anxiety Inventory	Anxiety Rating Scale	₹ 2,500.00	60 mins
9	Diagonostic Interview for Adult ADHD (DIVA)	Adult ADHD Screening	₹ 3,500.00	120 mins
10	Adult Asperger's Assessment (AAA)	Adult high-functioning Autism and Asperger's Screening	₹ 3,500.00	120 mins
11	DSM-5 Symptom Checklists for various disorders	Screening for various disorders	₹ 3,500.00	120 mins
12	Depression Anxiety Stress Scale (DASS)	Rating Scale for Depression, Anxiety, and Stress	₹ 1,500.00	45 mins - 60 mins
13	Yale Brown's Obsessive Compulsive Scale (YBOCS)	Screenig for OCD	₹ 1,000.00	30 mins
14	Hamilton's Depression Scale (HAM-D)	Severity Rating Scale for Depression	₹ 1,000.00	30 mins
15	Hamilton's Anxiety Scale (HAM-A)	Severity Rating Scale for Anxiety	₹ 1,000.00	30 mins
16	Non-suicidal Self Injury Assessment Tool (NSSI - AT)	Risk Assessment for Self Harm	₹ 3,500.00	120 mins
17	APA Personality Inventory for DSM 5 (PID 5)	General Personality Traits Test	₹ 3,500.00	120 mins
18	Cognitive Tests			
	- MMSE (Mini Mental Status Examination)	Tests for Cognitive Functioning (Memory, Attention, Concentration, Language, Visuospatial, etc)	₹ 3,500.00	120 mins
	- ACE II			
	- MoCA			
19	Brief Psychiatric Rating Scale (BPRS)	Severity Rating Scale of Psychosis	₹ 1,500.00	45 mins - 60 mins