

## Compassionate and Dedicated Team

Dr. Shradha Malik (Managing Director)

### Team that cares:

Dr. Ashish Kumar Mittal (MD - Psychiatry, AIIMS)

Dr. Saras Prasad (MD - Psychiatry)

Prerna Sethi Mishra (Clinical Psychologist)

Dheeraj Arora (Psychologist/Case Manager)

Nikita Gaba (Psychologist/Case Manager)

Shivangi Rajawat (Psychologist)

Dr. Tulna Bhardwaj (Occupational Therapist)

Garima Singh (Speech Therapist)

Sandeep Yadav (Psychologist)

Inayat Sandhu (Psychologist)

## Other Key Features

- Family therapy to help family members cope with caregiver burden
- Online sessions for continuous care program and follow-up
- Customized consultation and therapy schedules especially curated for working professionals
- Treatment-friendly comfortable rooms
- All modern amenities
- Single and twin room occupancy options
- Designated recreation and treatment rooms
- Daily housekeeping
- Personal laundry service
- Assistance for personal purchases
- 24x7 medical care
- Safe, private and confidential
- Residential and outpatient programs
- Dedicated female wing for stay



**Compassion and Care**  
Because some people require  
more than JUST treatment.






**For appointments, call:**  92890 86193

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     Athena Behavioral Health

-  Mental health treatment and management
-  Substance use treatment
-  Medical detox

## The ATHENA ADVANTAGE

### Evidence and Measurement Based Care (EMBC)

Athena practices evidence and measurement based care. This requires periodic monitoring of clinical progress and obtaining patient feedback on specific measures to improve the quality and effectiveness of treatment so that the care delivered is tailor-made to meet each patient's unique needs.

Using their years of experience, our experts have developed assessment software tools like Cogtest and Comprehensive Outcome Measurement and Psychological Assessment Scoring System (C.O.M.P.A.S.S.). These comprise different scales for assessment and diagnosis, such as

- Biopsychosocial assessment (BPS)
- Patient Health Questionnaire (PHQ 2 and PHQ 9)
- Generalized Anxiety Disorder Scale 7 (GAD 7)
- 36-Item Short Form Survey (SF 36)
- The Process of Recovery Questionnaire (QPR)
- Young Mania Rating Scale (YMRS)
- Sovereign Reasons, Motivation, and Readiness-for-Change Scale (SRMR)
- The Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES 8A and SOCRATES 8D)
- Adult ADHD Self-Report Scale (ASRS)
- Sovereign Outcome Rating Scale (SORS)
- Behavior and Symptoms Identification Scale (BASIS-24®)
- Sequenced Treatment Alternatives to Relieve Depression (STAR\*D)
- Alcohol Use Disorders Identification Test (AUD-C)
- Generalized Anxiety Disorder (GAD-2)
- VitalSign6 for depression screening and treatment

### Evidence-Based Treatment (EBT) Strategies

Rapport / Working Alliance	Cognitive Model	Treatment Goals Discussion / Consensus	Psychoeducation
Cognitive Restructuring	Positive Self-Talk	Problem Solving Skills	Social / Communication Skills
Provider Modeling of Skills / Behaviors	Pleasant Activity Scheduling	Self-Monitoring and Rewards	In-Session Practice / Role Play
Perspective Taking	Mastery Activity Scheduling	Relaxation Training	Family Training Reinforcement

### Specialized Treatment Programs

Apart from the quantifiable matrix, we also offer latest specialized treatment interventions that have proven to be effective in holistic treatment. Some of the treatment programs we offer include:

- Cognitive behavioral therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Recovery-Focused Behavior Therapy (rFBT)
- Motivational Enhancement Therapy (MET)
- Relapse Prevention Therapy (RPT)
- Exposure Response Prevention (ERP) Therapy
- Interpersonal Therapy
- Mentalization-Based Therapy (MBT)
- Psychodynamic Psychotherapy
- Acceptance and Commitment Therapy (ACT)
- Social Skill Training
- Behavior Therapy

### Precision Psychiatry

Athena practices precision psychiatry which facilitates:

- Generation of effective therapeutic plans for a person
- Elimination of emotional burden of the trial-and-error process
- Optimization of medications currently on the market for sustained use
- Reduction of patient's emotional and financial burden
- Building a trustworthy patient-physician relationship

### Highly Experienced Team

- Full-time psychiatrists
- RCI-licensed clinical psychologists
- Round-the-clock nursing care
- 24/7 On-call medical staff
- Trained by global leaders
- Latest proven therapeutic tools

