

# Meesha Mausooof

CDA licensed Counsellor/  
Psychotherapist,  
MBACP

Meesha Mausooof is a CDA licensed psychotherapist, registered member of the British Association of Counselling & Psychotherapy and a trained fertility and mindfulness coach. She has been working therapeutically with diverse adult and teen clientele in Singapore, London and now Dubai.

Offering an integrative psychotherapy approach using evidence based CBT, ACT, Solution focused and Creative therapies to explore how you can be the best version of yourself. She works with a range of concerns but has particular interest in helping individuals cope with stress, anxiety, transitions, grief, trauma, dealing with difficult family and social relationships as well as helping them through their fertility journey.



Life can be an intricate tapestry of emotions and challenges, and it's not uncommon to feel overwhelmed, lost, or uncertain at times. As your therapist, my approach is rooted in compassion, empathy, and understanding. I strive to cultivate an environment where you can freely express yourself, knowing that your experiences are valid and that you are worthy of compassion and respect.



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As we start our work together, my foremost goal is to create a safe and supportive space for you to explore your thoughts, feelings, and experiences. I firmly believe that everyone deserves to be heard and understood without judgment.

I am dedicated to every individual I work with, flexibly using evidence-based techniques.

My special interests include trauma, anxiety, expat challenges and fertility.

Through our sessions, we'll explore coping mechanisms, relaxation techniques, and cognitive strategies that can empower you to regain a sense of control, find inner peace and enhance your overall well-being.

### Special Interests

- Anxiety
- Depression
- Fertility
- Grief/Loss
- Relationships
- Burnout
- Expat transitions

