

Vidya Mahtani's Qualifications:

Raffles Girls' Secondary School

Raffles Junior College

B.A in Psychology, Magna Cum Laude, Georgetown University

M.A in Industrial/ Organisational Psychology, Magna Cum Laude, New York University

Mindfulness Practitioner Certification, Mindful Schools

Master of Counselling, Monash University including 250 hours of practical training at Nord Anglia's Dover Court International School, Singapore

Applied Suicide Intervention Skills Training (ASIST)

Preferred Psych-K Facilitator, Psych-K Centre International
Basic, Advanced, Divine Integration, Health And Well-Being

Trauma Centre Trauma Sensitive Yoga