



DR. HARNEET KAUR KOHLI

Consultant - Psychologist

Qualification

B.D.S (M.A.H.E) | MA Clinical psychology (TIET Patiala) | MHA

Overview

Dr. Harneet Kaur Kohli is an experienced psychologist in Patiala. She is responsible for evaluating, diagnosing, and treating emotional, behavioural, cognitive, and psychological issues using various therapeutic techniques. Dr. Harneet works closely with individuals, families, or groups to help manage mental health concerns, improve coping strategies, and enhance overall well-being. She conducts psychological assessments, including structured interviews, psychometric testing, behavioural observation, and personality profiling. Dr. Harneet diagnoses emotional and mental disorders such as anxiety, depression, PTSD, OCD, ADHD, autism spectrum disorder, personality disorders, etc. She evaluates patients referred by psychiatrists, physicians, or educators. Dr. Harneet provides individual, group, or family therapy using evidence-based methods like Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Mindfulness-Based Therapy, Play Therapy (for children), and Supportive and Insight-Oriented Therapy. She develops and monitors personalised treatment plans in collaboration with patients and caregivers. Dr. Harneet works with psychiatrists, social workers, occupational therapists, and primary care providers as part of an integrated care team. She participates in case discussions, treatment planning meetings, and discharge processes. Dr. Harneet also actively participates in the mental health awareness sessions, workshops, or group counselling in schools, workplaces, or community centres organised by Manipal Hospital. She aims to disseminate the right medical information in the public domain and bust the common myths associated with mental health through these platforms. Dr. Harneet supports mental health programs related to stress management, exam anxiety, employee well-being, or relationship counselling. She has strong communication skills, is empathetic, an active listener and very sincere. Dr. Harneet proficiently handles clients of all ages, backgrounds, and mental health conditions. She is ethical, non-judgmental, and maintains confidentiality. Dr. Harneet has received positive reviews from her patients for her compassionate conduct and sincere approach. She offers personalised treatment plans and follows up on all the developments. Dr. Harneet guides and addresses all the concerns that her patients may have regarding the disorder or the treatment.

Field of Expertise

- Psychotherapy
- Family and couple therapy
- Child counselling
- Cognitive behaviour therapy
- Mindfulness
- Dialectical behaviour therapy

- Pain management by hypnotherapy
- Sleep disorder therapy

Languages Spoken

- English
- Hindi

Talks & Publications

- Dr. Harneet Kaur Kohli on Urvashi Rautela Accused Of Mental Harassment By Netizens | What Is It & Should You Call It Out? | News18 | Mental Harassment [Click Here](#)
- FW: Coverage Update: Media Query | Manipal Hospital Patiala | Only My Health | Industry story. [Click Here](#)