

RAJAN GUPTA

Clinical Psychologist

Rajan Gupta is a New Zealand Psychologists Board registered clinical psychologist who has worked across private practice, prisons, not-for-profit and public mental health (DHB) settings in New Zealand. He is approved by the Psychotherapists Board of Aoteroa New Zealand, as an accredited supervisor for psychotherapists. He works within a psychiatric hospital as a consultant clinical psychologist and the service clinical lead for therapies.

First trained in clinical psychology and psychotherapy in the early-mid 1990s, he integrates contemporary psychoanalytic psychotherapy with a focus on the relational dynamics, third-wave cognitive therapies (such as DBT/ mindfulness), and compassion-based contemplative therapies, to assist individuals to shift from older, traumatic self-state/s and repetitive patterns of social stress, anxiety and personal unhappiness. At core, he sees psychotherapy as an opportunity for a space for healing, so one can actualize the capacity to experience joy and pleasure in life and work. He has worked with clients struggling with anxiety, depression, life change/s and adjustment difficulties, as well as psychiatric disorders like psychosis and afflictions that can lead to involvement with the law. He is delighted to join the team at Bexley Clinic, to offer clients psychological consultancy services.

