

Twickenham, London
Established 2014

Create And Live the Life You Deserve!

Improve your productivity through positive motivation and effective stress management



Private Therapy



Emotional Well-Being



Personal Growth

Your feelings matter

Professional psychological support delivered with discretion, integrity and care.

Dr Bhavna Jaiswal
(CPsychol)



the british
psychological society
chartered psychologist



Meet Our Founder

Dr Bhavna Jaiswal (CPsychol)
Chartered Psychologist



Dr Bhavna Jaiswal is a BPS-Registered Chartered Psychologist with over 25 years of, counselling, and academic experience.

She has supported children, young adults, couples and older adults across diverse cultural and socio-economic backgrounds, helping them navigate anxiety, emotional distress, relationship challenges and life.

Her work uniquely combines academic depth with real-world therapeutic practice. Having taught child psychology, mental health and emotional wellbeing, and motivation at undergraduate and postgraduate levels for over two decades, she brings scientifically grounded insight into every therapeutic session.

Fluent in English, Hindi and Punjabi, she works comfortably across cultures and generations. Her approach is practical, compassionate and structured.

Her guiding philosophy: When you understand your emotional patterns, you regain control over your life.

Our Services



Anxiety Therapy: Managing racing thoughts, persistent worry and emotional overwhelm.



Stress Management: Work-related pressure, life transitions, financial strain and internal tension.



Motivation & Personal Growth: Rebuilding confidence, clarity and direction.



Relationship & Couples Support: Improving communication, resolving conflict and strengthening connection.



Anger Management: Developing healthier emotional responses and behavioral control.



Depression Counselling: Expert care to rebuild resilience and overcome chronic sadness, reduced motivation and emotional heaviness.



Online Counselling: Secure remote therapy offering flexibility without compromising effectiveness.

Each therapeutic plan is tailored to your needs and goals.

About Nelumbo Consultancy

Founded in 2014, Nelumbo Consultancy was created with a clear purpose, to empower individuals, couples and families to navigate life's challenges with resilience, emotional awareness and structured psychological support.

In today's demanding world, stress, anxiety, relationship strain and emotional fatigue can quietly affect confidence and clarity. We believe that emotional difficulty is not weakness, it is an invitation to pause, reflect and recalibrate.

Our approach combines

- Evidence-informed psychological practice
- Personalised therapeutic strategies
- Cultural sensitivity and inclusivity
- Confidential, non-judgmental care

Our Vision

To empower individuals to discover purpose, live meaningful lives and contribute positively to the world.

Our Mission

To provide holistic psychological tools that help individuals overcome challenges, strengthen emotional regulation and achieve personal goals.

Our Core Values

Responsibility. Selflessness. Detachment. Excellence. Empathy. Trust. Respect.

Every session is designed not just to relieve distress, but to build longterm emotional resilience and inner stability.

What Clients Say

"Dr Bhavna demonstrated exceptional insight into complex relationship dynamics. The support I received was invaluable."



"Her techniques helped me overcome personal hurdles and gain clarity. I felt genuinely supported throughout."



"Professional, compassionate and highly effective. I noticed positive results quickly."



"Helped me recover from burnout and regain perspective."



If you are experiencing anxiety, stress, relationship challenges or emotional fatigue, structured psychological guidance can help you regain clarity and control.

Book a Consultation



13 Rosslyn Rd, Twickenham, TW1 2AR



bhavna@nelumboconsultancy.com



(+44) 748 1809 129, 02046150665

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Same day online appointments available
In person sessions by prior bookings only.