



Dr. Vijayeta Sinh

Media Kit

PSYCHOLOGIST & RELATIONSHIP
EXPERT

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Dr. Vijayeta Sinh



**It's easy to love,
it's hard to love
well.**

-Dr. Vijayeta Sinh

ABOUT DR. SINH

Dr. Sinh is a nationally recognized relationship expert and go-to source for relationship, dating and emotional health advice.

Her mission is to help others find and nurture happy and healthy relationships.

TALKING POINTS

- Authentically showing up
- Toxic Positivity
- Navigating strained relationships
- People Pleasing
- Why assertiveness is important
- Managing conflicts
- Familial Relationships in Minority cultures
- Boundaries in Relationships
- Gratitude, Compassion & Self-acceptance

EXPERT TOPICS

- Interpersonal relationships
- marriage
- parenting
- Relationship with in-laws
- Jealousy, insecurity, Infidelity
- Sabotaging relationships
- Stigma surrounding getting help
- How to Assert yourself
- Divorce & Separation
- Trauma and loss
- Conscious relationships

VIJAYETA SINH, PH.D

Psychologist & Relationship Expert



MEDIA BIO

Psychologist and relationship expert, Dr. Vijayeta Sinh, helps people learn the unspoken rules of relationships so they can find and keep the love of their lives.

With over a decade of experience working with individuals and couples, she's the founder of TherapyCouchnyc, a private practice in New York City where she uses unconventional wisdom to help clients understand modern relationships and how to grow and thrive in them. Born and raised in India, she is fluent in Hindi and has a deep understanding of cultural and social issues as they relate to work, career, marriage, and parenthood..

FEATURED IN



Social Media

