



CORPORATE COMPANY PROFILE

WWW.THEWISDOMWAVES.COM
COMPANY REG. NO. 202001016858 (1373178-T)

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ABOUT US

Vision

The Wisdom Waves comprises of like-minded mental health professionals guided by a shared commitment to ethical, people-centred care, where meaningful wellbeing outcomes remain at the heart of our work.

Mission

We strive to be a trusted resource in our community, advocating for mental health awareness and empower organisations to build healthier, more resilient work forces through holistic mental health support, professional counselling, experiential wellbeing programmes and early intervention.

CORE VALUES



01 Client-centred

We provide personalised and respectful support that honours the unique needs of every individual.

02 Psychological Safety

We create safe, confidential and non-judgmental spaces where individuals can seek support with confidence.

03 Inclusive and Culturally Responsive

We embrace diversity and provide culturally sensitive support that respects every individual's background.

04 Ethical and Professional

We uphold ethical standards and professionalism in accordance with Malaysian counselling regulations.

05 Empowerment and Resilience

We equip individuals with practical tools to build resilience, and thrive in their personal and professional capacity.

06 Partnership and Impact

We collaborate with organisations to create sustainable wellbeing initiatives that benefit the overall environment.

MEET OUR TEAM



**ANUSHA
REDDY**

FOUNDER

Anusha Reddy is a registered and licensed counsellor, as well as a HRDC accredited trainer with a unique professional background spanning both law and mental health. Having previously practised as a lawyer, she made a conscious decision to follow her deeper calling for mental health – driven by a genuine passion for emotional wellbeing, and the human experience. At the heart of her work is a simple commitment: people deserve to be heard, supported, and treated with dignity, regardless of their circumstances. She is passionate about making professional mental health support accessible without placing unnecessary financial barriers on those who genuinely need help. Outside her private practice at The Wisdom Waves, she is also a panel counsellor for Women's Aid Organisation and the Malaysian Bar Council.



**CalLEN
MARSH**

Registered & Licensed
Counsellor (KB;PA)



**CHRISTINE
GABRIEL**

Licensed Marriage and
Family Therapist
HRDC Accredited Trainer



LEAN YI WEN

Registered & Licensed
Counsellor (KB;PA)
Certified NCS TTT Trainer



SETH WONG

Clinical Psychologist
(MAHPC(CP))
HRDC Accredited Trainer



**THACHAINY
VADEEVELLU**

Registered & Licensed
Counsellor (KB;PA)

Our Process



1.

Consultation

Kickstart your journey with a consultation. Here, we'll briefly discuss your goals and outline the training ahead.

2.

Customised Proposal

Your unique pathway is charted, incorporating strategies and steps aligned with your expectation and goals.

4.

Professional Execution

Your unique pathway is charted, incorporating strategies and steps aligned with your expectation and goals.

3.

Service Agreement

A mandatory transparent contract signing to officially mark the beginning of our partnership.

5.

Evaluation

Feedback received to ensure objectives are met, facilitating a concrete wellness foundation for your organisation.

6.

Continued Support

Regular check-ins to monitor your progress, to keep you on a continuous dynamic and sustainable journey of growth.

EVENTS



JANUARY

Heartfelt Compassion: Parental Well-Being

A collaboration with Clap Clap Hands

HEARTFELT COMPASSION

PARENTAL Well-Being

A space for parents to explore your authentic personality & express self-compassion for better parenting experience ♥♥♥

★ **RM50 ONLY**

20 JANUARY 2024
10AM-12 NOON
THE HUB SS2
Closed Group (limited seats available)

Speaker
Anusha Reddy
Mental Health Practitioner
LLB, BPTC, LL.M, M.Couns

@clapclaphands
@the.wisdomwaves

YEAR 2024

FEBRUARY

Coping with Big Emotions

A collaboration with Sugam Karnatica

Coping with Big Emotions

Anusha Reddy Sriram
Licensed Counsellor
www.thewisdomwaves.com
IG:@the.wisdomwaves

MARCH

Mental Health from A Woman's Perspective

A collaboration with Brickfields Asia College

HerStory: Mental Health from a Woman's Perspective

#BACIncludes #InspireInclusion #InternationalWomensDay2024

15th March 2024 (Fri)
2pm - 3pm
Level 2 Hull, BAC

OVERVIEW
Join us for a Mental Health talk with Anusha who will be sharing on:
 ▶ Various roles women play in their lives and the expectations that come along with it
 ▶ The mental health challenges women experience caused by expectations
 ▶ Suggestions to cope around the idea that we must look out for each other and that seeking support from others is a strength not a weakness

SPEAKER
Anusha Reddy
Registered Counsellor

To Register, please fill out this Form: <https://bit.ly/iwdtalk4>

APRIL

Anti-Bullying Awareness

A collaboration with Sekolah Rendah Sathya Sai

Anti-Bullying

SEKOLAH RENDAH SATHYA SAI
18 April 2024

Awareness Session

THE WISDOM WAVES

EVENTS



**APRIL-
AUGUST**

14-Week Lecture on Emotional Intelligence

A collaboration with Taylor's University



SEPTEMBER

Suicide Intervention Workshop

A collaboration with INTI
International University

Suicide Intervention

SKILLS TRAINING: A PRACTISING HOPE APPROACH

Ever wondered what is beyond suicide prevention?

Here is a 9-hour workshop that explores suicide intervention through experiential learning using demonstration and role play

- Online training - Total 9 hrs
- 3 hours / day for 3 days
- RM100: Students
- RM250: Mental Health Practitioners

**An e-certificate will be provided
**Counselling practitioners may use the certificate to apply for One (1) CPD point under Category 4: Ilmu dan Kemahiran.

Pre-requisite: Must have prior knowledge of basic counselling skills.

REGISTER TODAY

+012-2180565
www.thewisdomwaves.com

FACILITATOR
Dr Ling Sai Ang, Lynda (KB01625;PA01219)
Registered & Licensed counsellor, educator & supervisor;
Over 15 years of experience supporting individuals struggling with suicidal ideation.

At the end of the workshop, it is the hope for you to:

- > develop proficiency in conducting suicide risk assessments;
- > enhance your skills to effectively intervene with individuals at risk of suicide;
- > receive training that develops your crisis intervention skills.

YEAR 2024

AUGUST

Sandtray and Figurines Workshop

A collaboration with
Brickfields Asia College

WORKING WITH CLIENTS USING

Sandtray & Figurines

Do you want to expand your professional skills by going beyond the traditional talk-therapy?

Here is your chance to reawaken your creativity and dive deeper into your client's world.

FACILITATOR
Dr Ling Sai Ang (Lynda) (KB01625;PA01219)
Licensed counsellor, educator & supervisor
Over 10 years of working experience

- In-person learning
- 4 hours workshop
- RM150: Students
- RM120: Licensed Practitioners

**Certificate Provided
**Entitled to apply for One (1) CPD point under Category 4: Ilmu dan Kemahiran.

REGISTER TODAY

+012-2180565
www.thewisdomwaves.com

At the end of the workshop, it is the hope for you to:

- > Learn to access your own creative source in inviting your professional wisdom when working with clients;
- > Learn new innovative interventions to help clients express themselves.;

Pre-requisite: Must have prior knowledge of basic counselling skills.

OCTOBER

Psychodrama Workshop

A collaboration with
Brickfields Asia College

WORKING WITH DREAMS IN

PSYCHODRAMA

Ever wondered about the hidden messages within our dreams, the unseen layers of our psyche and its relationship to us?

Psychodrama engages us to delve into the essence of our dreams through role-play and re-enactment, getting in touch with our unconscious patterns and beliefs.

FACILITATOR
Dr Ling Sai Ang (Lynda) (KB01625;PA01219)
Registered & Licensed counsellor & educator;
Certified Supervisor & HRDC Certified Trainer;
Over 15 years of experience in counselling, teaching, supervising & training.

- In-person learning
- 4 hours workshop
- RM80: Students
- RM180: Mental Health Practitioners

**An e-certificate will be provided
**Counselling practitioners may use the certificate to apply for One (1) CPD point under Category 4: Ilmu dan Kemahiran.

REGISTER TODAY

+012-2180565
www.thewisdomwaves.com

At the end of the workshop, it is the hope for you to:

- > Learn the techniques to analyse dreams;
- > Learn to run a psychodrama through your very own creative source;
- > Enhance your group counselling skills;
- > Experience personal development.

Pre-requisite: Must have prior knowledge of basic counselling skills.

EVENTS



YEAR 2024

OCTOBER

Speaker at Mental Health Forum

A collaboration with
Brickfields Asia College



OCTOBER

A Holistic Approach to Elevate Mental Health in Education

A collaboration with INTI
International University

PANEL DISCUSSION

A Holistic Approach to Elevate Mental Health in Education

Connect with like-minded individuals who share a common commitment to mental wellness, and learn ways to prioritize your well-being for healthier academic life

Tunku Adrina
(Life & Emotional Wellness Coach)

Anusha Reddy
(Licensed Professional Counselor)

Fiona Lim
(Image Consultant)

WEDNESDAY
23rd of October 2024
TIME
2:00PM-4:30PM
VENUE
Auditorium, Block B

SCAN HERE TO REGISTER:

NOVEMBER

Expressive Arts Workshop

A collaboration with
Brickfields Asia College

EXPLORE YOUR INNER CREATIVITY THROUGH
EXPRESSIVE ARTS

An experiential activity to uncover your voice through creative expression.

Discover the Art of Self-Expression: Create, Connect, Inspire.

At the end of the activity, it is the hope for you to:

- > Experience expressive arts, tapping into your inner-self;
- > Gain insights & hands-on experience in applying expressive arts;
- > Enhance creative expression as a means of self-exploration and problem-solving.

FACILITATOR
Vicki Lai
 Master of Counselling (First Class Honours)
 IMU University with over 500 hours of exposure in expressive arts:
 Expressive arts facilitator at multiple platforms including a recent workshop at APU University.

- In-person session
- Duration: 4 hours
- Price: RM70

REGISTER TODAY
 +012-2180565
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DECEMBER

Expression in Clay Workshop

A collaboration with INTI
International University

EXPRESSION IN CLAY
 SHAPING WHAT WORDS CAN'T SAY

Feel, Shape, Create: A Journey of Clay and Emotion.

An experiential activity to craft your story with clay.

At the end of the activity, it is the hope for you to:

- > Experience how clay sculpting can be a tool for emotional and creative expression;
- > Discover insights from your inner-world through clay in a therapeutic space;
- > Enhance personal development and practice mindfulness.

FACILITATOR
Vicki Lai
 Master of Counselling (First Class Honours)
 IMU University with over 500 hours of exposure in expressive arts:
 Expressive arts facilitator at multiple platforms.

- In-person session
- Duration: 3 hours
- Price: RM85 (inclusive of clay materials)

REGISTER TODAY
 +012-2180565
www.thewisdomwaves.com

EVENTS



MAY

Crafting Therapeutic Narratives Workshop

CRAFTING THERAPEUTIC NARRATIVES
IN CLINICAL PRACTICE

FACILITATOR
Dr Ling Sai Ang (Lynda) (KB01625;PA01219)
Registered & Licensed counsellor & educator;
Certified Supervisor & HRDC Certified Trainer;
Over 15 years of experience in counselling,
teaching, supervising & training.

Narrative approach to counselling is not just about listening to stories; it's about helping our clients re-write them in ways that support growth & resilience.

Shifting our approach from "what's wrong" to "what's the story?" we develop deep curiosity in client's voice.

PART 1

- In-person experiential learning
- 9 hours workshop
- RM100: Student Counsellor / Clinical Psychology Student
- RM250: Mental Health Practitioners

PART 2 (OPTIONAL)

- Online learning on report writing
- 5 hours supervision
- RM80: Student Counsellor / Clinical Psychology Student
- RM180: Mental Health Practitioners

At the end of Part 1 workshop, it is the hope for you to:

- > Learn creative tools like metaphors, language shifts, and re-authoring exercises that lead to powerful breakthroughs;
- > Apply narrative approaches to build deeper, more empathetic connections with clients;
- > Demonstrate the ability to engage with clients' narratives, recognising the role of plot and character in shaping their experiences.

Pre-requisite: Must have prior knowledge of basic counselling skills.

****An e-certificate will be provided**
****Counselling practitioners may use the certificate to apply for One (1) CPD point under Category 4: Ilmu dan Kemahiran.**

REFER TO GOOGLE REGISTRATION FORM FOR WORKSHOP DATES AND BREAKDOWN ON PART 2 ACTIVITIES.

REGISTER TODAY

+012-2180565
www.thewisdomwaves.com

YEAR 2025

JUNE

Silent Burnout in Managers: When You're Leading but Running on Empty

A collaboration with Amaze Synergy Ventures for HRDF National Training Week

AMAZE SYNERGY VENTURES

Silent Burnout in Managers: When You're Leading but Running on Empty

18.06.2025 10.00 am - 12.00 pm

OBJECTIVE PROGRAMME

- ✓ Identify the signs
- ✓ Break the guilt cycle
- ✓ Equip leaders with realistic recovery practices

JOIN NOW

admin@asvmalaysia.com
+6013-520 4277

SCAN HERE TO REGISTER

ANUSHA REDDY
Registered, Licensed Counselor

JULY

Know Your Character Strengths

A collaboration with INTI International University

Know Your Character Strengths
DISCOVER WHAT MAKES YOU SHINE

04.07.2025
10 AM - 12 PM
BLOK A, LEVEL 3, AUDITORIUM

WORKSHOP

REGISTER NOW

SCAN ME

OCTOBER

Revisiting Your Inner Child

A collaboration with Perunding Shanu Sdn Bhd



EVENTS



MARCH

Parenting in The New Millennium, Joys, and Challenges of Parenting

A collaboration with Sathya Sai International Organisation Malaysia

AUGUST

Empower Her: Voices of Women (Teen Voices)

A collaboration with Bina and Methodist Girls School Kuala Lumpur

YEAR 2026

JUNE

Smart Online, Safe Offline, Navigating Social Media Wisely

A collaboration with Sugam Carnatica Arts, Culture, Education

UPCOMING EVENTS

SEPTEMBER

Experiential Clinical Skills Workshop



Will my client come back?
Building Therapeutic Connection from the First Session

AN EXPERIENTIAL CLINICAL SKILLS WORKSHOP

Facilitated by
Christine Maryanna Gabriel, MA, LMFT
Licensed Marriage and Family Therapist and Clinical Advisor @ The Wisdom Waves

Workshop Highlights

- **Learn through observation:** Identify what builds connection in first sessions.
- **Practise through role play:** Apply different approaches to build therapeutic relationships.
- **Reflect on disengagement:** Explore early client dropout using the 3R Framework.

FOR STUDENTS & MENTAL HEALTH PRACTITIONERS

Date: Sunday, 13th September 2026
Time: 2:00PM-6:00PM
Venue: The Wisdom Waves, SS15

SEPTEMBER

More Than Meets the Eye

A collaboration with Gentle Little Human



More Than Meets the Eye
Exploring Identity, Perception, & Parts We Don't Always Show

27th Sept 2026
2pm-4pm
The Wisdom Waves
3rd floor, SS15, Subang Jaya

RM 60 per pax
RM100 per pair

Facilitated by:
Gwyneth You
Counsellor

OCTOBER

Community Conversation



FREE ONLINE TALK!

Lived Experiences Heard: Real Voices, Real Change
In conjunction with World Mental Health 2026

Date: Thursday, 8th October
Time: 8:00pm-9:00pm
Venue: Online via Google Meet

What will we talk about?
Behind every mental health struggle is a story that deserves to be heard. Join us for a warm and reflective conversation about:

- How family, relationships and culture can affect our mental health
- Why there is more to a person than a diagnosis
- How we can listen and respond to someone in distress
- Simple ways to create safer and more supportive relationships

Come as you are - to listen, reflect, learn and be part of the conversation.

REGISTER NOW!

Facilitated by:
Christine Maryanna Gabriel
Licensed Marriage and Family Therapist | Clinical Fellow, AAMFT
Practitioner & Clinical Advisor, The Wisdom Waves

Scan the QR code or you may click the Google Form Link to register!

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OCTOBER



An Experiential Clinical Skills Workshop
Social Justice-Informed Care: Power, Privilege & Positioning in Therapeutic Practice

What if the problem isn't only within the person?

Learning Outcomes

- Understand how **social factors** shape clients' experiences through the **wheel of intersectionality**.
- Identify how **power and privilege** influence mental health and relationships.
- Reflect on how personal **identities and assumptions** influence our **professional roles**.
- Apply more **inclusive, sensitive, and socially aware** approaches in practice.

Date: 25 October 2026
Time: 2:00 PM - 6:00 PM
Venue: The Wisdom Waves, SS15, Subang Jaya
Price: Students - RM100
Practitioners - RM150

REGISTER NOW!
Limited to 12 participants for closer connection and learning experience

Facilitated by:
Christine Maryanna Gabriel
Licensed Marriage and Family Therapist | Clinical Fellow, AAMFT
Clinical Advisor and Practitioner, The Wisdom Waves

WHEEL OF INTERSECTIONALITY
*No prior knowledge of social justice theory is required.

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