

The conversations you were never taught to have — *had* *here.*

A private practice for couples and individuals navigating intimacy, sex, and relationships without shame or performance. No clinical distance, no euphemisms — just a space built for the questions that don't come up anywhere else.

●WHAT WE WORK THROUGH

Couples & Communication

Conflict repair, emotional disconnect, and rebuilding trust — grounded in the Gottman Method.

Psychosexual Concerns

Desire mismatch, performance anxiety, and intimacy blocks, addressed directly and without judgment.

In-Law & Joint Family Stress

Boundaries and belonging within the Indian family system — a reality most therapy skips over.

Arranged Marriage Dynamics

Building intimacy and understanding on a timeline that didn't start with romance.

●WHO YOU'RE WORKING WITH

- M.A. in Clinical Psychology
- Certificate in Psychosexual Medicine and Therapy, JSS University
- Gottman Method Certified, Level I & II
- Practicing clinician with 3+ years in couples and psychosexual work

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