

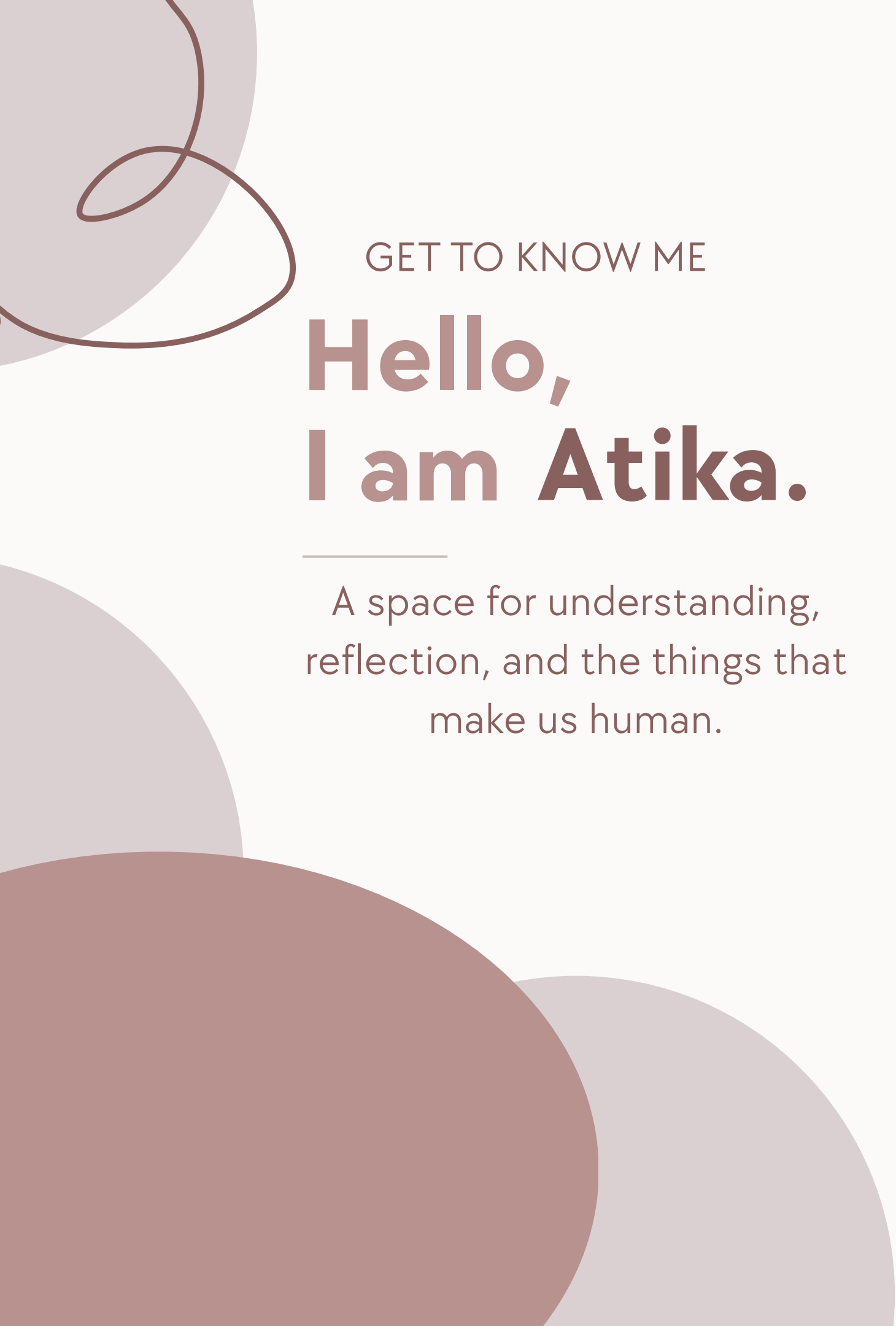
Hello, I'm **Atika Meilani,** **S.Psi., Psikolog**

Welcome to my little corner of psychology!
I am glad you are here. How are you?

✉ hi.atikameilani@gmail.com

@ @atikameilaani





GET TO KNOW ME

Hello,
I am Atika.

A space for understanding,
reflection, and the things that
make us human.

ABOUT ME

I'm Atika Meilani, a **General Psychologist** with a particular interest in relationships, marriage, and family. My interest in psychology comes from a curiosity about people: **how our experiences shape who we are, how we understand ourselves, and how we relate to the people around us.**

In my practice, I **value a warm, thoughtful, and evidence-based approach.** I believe psychological support is not about telling people how they should live, but about creating a space to understand what they are experiencing, gain a clearer perspective, and find ways to move forward.

Beyond my professional practice, I enjoy writing and sharing psychological knowledge through conversations about everyday human experiences, particularly around **relationships, marriage, and family.**



MY

Educational Journey

My education has given me a foundation to understand human behavior through both academic knowledge and professional practice, and continues to guide me in my journey as a psychologist.



I am committed to lifelong learning through professional development, training, and relevant workshops to support ethical, evidence-informed, and up-to-date psychological practice.

2016
-
2020



Universitas Brawijaya

BACHELOR OF PSYCHOLOGY

Completed my undergraduate studies in Psychology with a focus on human behavior, psychological processes, and various life stages.

2024
-
2026



Universitas Surabaya

PROFESSIONAL PSYCHOLOGY PROGRAM

Completed the Professional Psychology Program and obtained the professional title of Psychologist (Psikolog), with professional training in psychological assessment, intervention, ethics, and psychological practice.

A Space to Understand and Move Forward

Life can be both meaningful and challenging. At different stages, we may find ourselves facing questions, feelings, or situations that feel difficult to navigate alone.

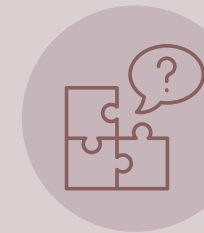
Many people seek psychological support to gain a clearer understanding, find perspective, and develop ways to move forward with greater clarity and well-being.

HOW DO YOU FEEL?



Feeling Overwhelmed

Dealing with stress, anxiety, low mood, or emotional burnout.



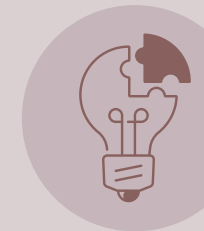
Relationship Challenges

Navigating difficulties in romantic relationships, marriage, family, or others.



Life Transitions

Adjusting to significant changes, new roles, or uncertainty about the future.



Understanding Yourself

Exploring self-awareness, self-acceptance, and personal growth.



Family Dynamics

Working through family-related concerns, communication patterns, or intergenerational experiences.



Specific Concerns

Guidance for concerns related to behavior, emotions, or mental well-being.

You don't have to figure it all out alone.

I'm here to walk alongside you, to provide a safe, supportive, and non-judgmental space where you can explore what you're experiencing, gain a clearer perspective, and find ways to move forward.

LET'S START THE JOURNEY



Psychological Support for a More Meaningful Life

Through **The Kindly Mind**, I provide professional psychological services designed to support your well-being, help you understand yourself more deeply, and navigate life's challenges with greater clarity and confidence.



Individual Counseling

A confidential space to explore personal concerns, emotions, and everyday challenges. Together, we work towards greater self-understanding, well-being, and meaningful change.



Couple Counseling

A space for couples to understand their relationship dynamics, communicate more effectively, and navigate challenges together.



Mental Health Check-Up

A psychological screening to gain a clearer picture of your current emotional and psychological well-being.



Speaker & Moderator

Available for psychology-related talks, discussions, workshops, and moderated conversations on psychological topics.

**Not sure which service
is right for you?**

Feel free to reach out,
and we can find the
most appropriate
starting point together.

[BOOK A CONSULTATION →](#)

Principles I Stand By



Evidence-Based

I strive to use knowledge and practices supported by scientific evidence while continuously developing my professional competence.



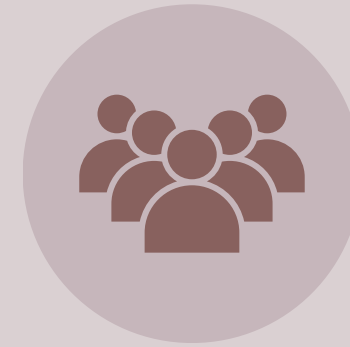
Humanistic

I see each individual as a person with a unique story, needs, and context.



Non-Judgmental

I strive to create a safe space where people can speak openly without fear of judgment.



Collaborative

Psychological work is not about the psychologist having all the answers, but about working together to understand and find the most appropriate way forward.



Ethical & Responsible

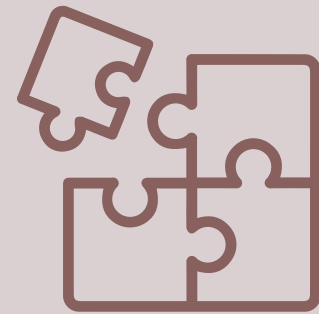
I uphold professional ethics, confidentiality, professional boundaries, and responsibility in providing psychological services.

What I Believe About Being Human



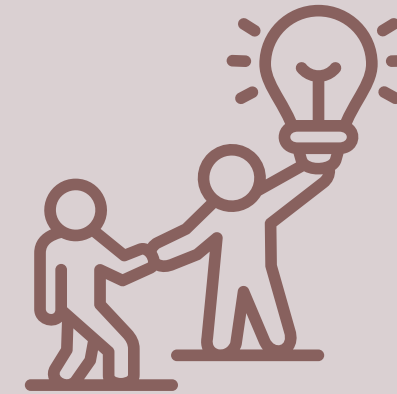
Understanding Before Changing

Understanding what we are experiencing is an important step before deciding what we want to change.



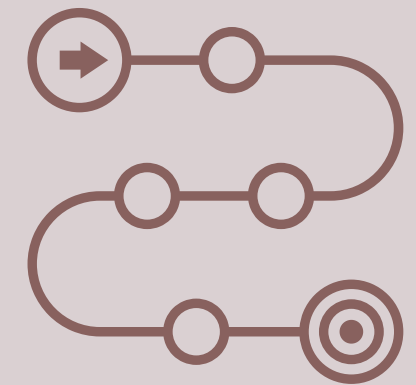
Everyone Has Their Own Process

Each person has different experiences, needs, and rhythms. Not every journey has to unfold in the same way or at the same pace.



Growth Happens Through Connection

Support, healthy relationships, and a willingness to understand one another can be important parts of personal growth.



Progress Is Not Always Linear

Sometimes we feel we are moving forward; other times, we need to pause for a while. Both can be part of the process of understanding ourselves and our lives.

Let's Take the Next Step Together

If you feel ready to begin, you can book a session with me through **The Kindly Mind**. I look forward to walking alongside you in your process.

View My Credential



ATIKA MEILANI

Psikolog lulusan Universitas Surabaya

 No. SIAP

20252485

Berlaku s.d. 30-11-2026

Aktif

 No. SIPP/SILP

SILP-83DBAE86D6FE

Berlaku s.d. 11 Jun 2028

Aktif

BOOK A SESSION →



THE KINDLY MIND
Psychological Service

*A safe space to
understand, reflect,
and move forward*

CONTACT

Let's Stay Connected

Feel free to reach out through any of the platforms below. I'm always happy to connect and hear from you.



Website

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Threads

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The Kindly Mind

@thekindlymind



TikTok

@atikameilaani

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understand, reflect,
and move forward*

THANK YOU —————

Thank You for Being Here

I am truly grateful that you have taken the time to get to know me and my psychological services through **The Kindly Mind**. Your willingness to seek support is a meaningful step towards understanding yourself and building a more fulfilling life.



Your story
matters.



Seeking support is a
sign of strength.



I'm here to walk
alongside you in your
process.



A safe space to
understand, reflect,
and move forward