Commissioner
Dr. Krystal-Jane Verasammy



Dr Krystal-Jane Verasammy is a chartered Counselling Psychologist with more than a decade of experience providing psychological talk therapies to both young people and adults who experience mild to moderate to severe mental health issues. She also delivers psycho-educational mental health workshops, talks and trainings to Government agencies, NGOs and community-based organizations.

She has a passion for mental health, improving access to psychological therapies and reducing societal and self-stigma. She is also committed to pursuing research on the helpfulness of counselling and psychotherapy in Trinidad and Tobago. Recently, the British Journal of Guidance and Counselling published her first international research article entitled, "Helpful aspects of counselling for young people who have experienced bullying: a thematic analysis" April, 2021.

Dr Verasammy is the Managing Director and Lead Counselling Psychologist at Therapeutic Spaces Counselling and Psychotherapy Ltd, a private practice founded in 2019. She is a member of the British Psychological Society (BPS), the Trinidad and Tobago Association of Psychologists (TTAP) and several other non-profit organizations and networks related to her field.

She is a graduate of the University of the West Indies with a BSc in Psychology with First Class Honours. She is also the holder of a Master of Science degree in Developmental Psychopathology at Durham University, Durham, UK and a Professional Doctorate in Counselling Psychology at the University of Roehampton, London, UK.