

Devesh Kumar Gola

Psychology and Counselling

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SUMMARY

Passionate about psychology with **30+ counseling sessions** delivered. **Co-founded Life Fundies**, trained in **counseling** and **applied psychology**, and involved in **therapeutic research, self-exploration**, and workshop design. **Research Intern at UIUC, Atmashakti Trust and IIT Kharagpur** and **volunteer at Dartmouth** (mindset transformation). Committed to emotional well-being, cognitive growth, and personal clarity through experiential, research-driven practice.

SKILLS

Counseling Techniques: Communication, Active Listening, Conflict Resolution, Observation, Emotional Intelligence, Meditation Practices, Visualization & Guided Imagery Self-Exploration and Journaling

Therapeutic Frameworks: REBT (Rational Emotive Behavior Therapy), NLP (Neuro-Linguistic Programming), Narrative Therapy, Person-Centered Therapy, CBT (Cognitive Behavioral Therapy)

Psychology Knowledge: Psychology, Psychological Schools of Thought, Life Skills, Literature Review and Analysis, Interview & Survey Design, Protocol Evaluation

Workshop & Facilitation: Curriculum Design, Workshop Planning, Reflective Dialogue Structuring

Soft Skills: Leadership, Networking, Critical Thinking, Problem Solving, Interpersonal Skills, Creativity, Work Ethic, Time Management, Attention to Detail, Collaboration and Ethical Judgement

WORK EXPERIENCE

Atmashakti Trust | [Credential](#)

Sept 2025 - Present

Community Intern

- Conducting a literature review on volunteer wellbeing models and exploring best practices for community-based support.
- Engaged in initial orientation and groundwork to align project goals with organizational values.

University of Illinois, Urbana Champaign

Aug 2025 - Present

Psychosocial Research Intern

- Developing qualitative methods to study collective and radical hope in contexts of elections, political violence, and historical oppression.
- Exploring how hope functions as healing and collective action among marginalized groups (e.g., caste, Kashmiri, and Northeast Indian youth).
- Conducting initial team meetings and framing pathways for lexical and thematic analysis of hope in individual and group discourse.

Life Fundies | [Credential](#)

Jan 2025 - Present

Co-Founder & Life Counselor

- Co-founded a startup focused on providing life counseling to students and young professionals.
- Delivered 30+ personalized counseling sessions over the last 18 months, focusing on emotional well-being, decision-making, and personal growth.
- Designed and facilitated interactive workshops on emotional intelligence, life skills, and self-awareness, impacting diverse youth communities.
- Applied therapeutic techniques including REBT, person-centered counseling, and mindfulness-based practices in sessions.
- Built a growing mental wellness platform and community to support young individuals in navigating academic and personal challenges.

Indian Institute of Technology, Kharagpur

June 2025 - Aug 2025

Counselling Psychology Research Intern

- Working on a qualitative research project titled “Effectiveness of Rational Emotive Behavior Therapy (REBT) in Reducing Academic Stress among College Students.”
- Designing and delivering REBT-based intervention sessions to help students identify and restructure irrational beliefs related to academic stress.
- Conducting pre- and post-intervention interviews to explore participants’ emotional responses, cognitive shifts, and coping strategies.
- Using thematic analysis to interpret qualitative data and understand the influence of REBT on student stress management and mindset.
- Applying counseling frameworks to a real-world academic setting, combining research and therapy for mental health impact.

VOLUNTEERING EXPERIENCE

Dartmouth College (Ivy League)

Collaborative Resonance Volunteer

June 2025 - July 2025

- Engaged in a collaborative volunteer initiative focused on **mindset transformation, personal growth, and self-development**, rooted in diverse psychological perspectives.
- Shared and reflected on my personal self-exploration journey, including journaling insights, value systems, transformation practices and all applied protocols which I have tested.
- Participated in reflective discussions on topics such as **procrastination, self-sabotage, motivation**, and the impact of **neuro-linguistic programming (NLP)** on behavioral change.
- Shared and implemented a personalized **10-Point Self-Exploration Protocol** to promote internal clarity, emotional alignment, and growth.
- Contributed personal insights and practices while learning from experienced professionals in the field of emotional well-being, energy dynamics, and cognitive transformation.

ACHIEVEMENTS

- Designed a [self-exploration protocol](#) to support personal growth and mental well-being.
- Received a [recommendation letter](#) from **Dartmouth College (Ivy League)** for contributions to the Resonance research collaboration.
- Connected with **Global Possibility Network at the University of Pennsylvania (Ivy League)** for interdisciplinary exchange and personal development initiatives.

SELF EXPLORATION & PERSONALITY DEVELOPMENT

Reflective Practices & Journaling | [Notebook](#)

Aug 2023 - Present

- Designed a **personal value system** through intentional rule-setting, self-reflection, and identity clarification.
- Conducted **broad life planning**, exploring long-term goals related to career, relationships, health, and purpose.
- Studied diverse topics in depth, including **relationship dynamics, female psychology, dating and sexual health, personality theories, mental health, and literature analysis**.
- Maintained extensive **counseling notes** and conducted mini-research projects to identify key **psychological and environmental factors** influencing personal growth and behavior.
- Created and documented **life lessons, workshops, and insightful frameworks** on emotional intelligence, decision-making, and personal transformation.
- Performed **personality breakdowns** and psychological profiling of notable leaders and fictional characters.
- Practiced consistent **brainstorming, self-assessment, and therapeutic reflection** to refine perspectives and improve counseling quality.

CERTIFICATES

17-in-1: Complete Personal Transformation Masterclass | [Certificate](#)

June 2025 – July 2025

- Comprehensive training in personal development covering goal setting, overcoming procrastination, **mindset strengthening**, productivity enhancement, meditation, nutrition, confidence building, persuasion, and communication. Included insights from leading experts and key **summaries of influential books in business, relationships, and self-growth**.

Dark Psychology | [Certificate](#)

June 2025 – July 2025

- Explored **psychological manipulation, emotional control, personality disorders, NLP, marketing psychology, and hypnotic influence**. Gained skills in behavior reading, self-image analysis, and understanding ethical boundaries of influence and persuasion.

Diploma Training Course in Modern Applied Psychology (DiMAP) | [Certificate](#)

July 2024 - Aug 2024

- Studied the foundations of applied psychology, including **behavioral, psychoanalytical, cognitive, developmental, humanistic, and social approaches**. Emphasized practical application in **counseling, self-awareness, emotional intelligence, and personal development strategies**.

Complete Personal Development Course – 22 Courses in 1 | [Certificate](#)

July 2024 - Aug 2024

- Integrated training across **psychology, REBT, NLP, Zen principles, persuasion, time management, leadership, stress management, parenting, networking, and life coaching**. Designed for holistic personal and professional growth.

Counseling Skills Certificate Course (Beginner to Advanced) | [Certificate](#)

Jan 2024 - Mar 2024

- Hands-on training in counseling psychology with a focus on **person-centered therapy, empathy building, reflective practice, and ethical engagement**. Applied **counseling frameworks and techniques** through real-world role-plays, mock sessions, and case studies.