

NEELANJNA MATHUR

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The human mind is one of the most enduring and intriguing aspects of human nature. What distinguishes humans from animals is our capacity for emotions. In today's world, however, this gift has become a catalyst for suicides, nervous breakdowns, depression, and a host of other psychological disturbances.

What is crucial in contemporary society is the early recognition of signs in childhood and the pursuit of professional help. More introspection is unnecessary; a SOLUTION-FOCUSED APPROACH IS THE NEED OF THE HOUR.

A counselor plays a pivotal role in assessing your strengths and cultivating your optimal potentials. I provide individual/couple/family psychotherapy/parent counseling. This support helps parents enhance their relationships with their children and navigate the challenges of raising them in today's fast-paced world.

EXPERIENCE

- **Presently working as a psychologist [2021 -]**
MGM College, Belapur
 - **Presently working as a guest lecturer (Psychology, Nursing, and Physiotherapy) [2021 -]**
MGM College, Kamothe
 - **Engaged in private practice as a psychologist [2011 -]**
Seawoods Polyclinic and Diagnostics Centre, NRI Complex
 - **Worked as a Lecturer and Psychologist [2011-2015]**
Psychiatry Department, MGM Medical College and Hospital, Kamothe
 - **Worked with Covid-19 patients in ICU [2020]**
Orthonova Hospital, Jalandhar
 - **Worked as a Psychologist for schools [2017 -]**
Podar International school CIE.
 - **Conducted Workshops and lectures**
Stress management, anxiety etc.
 - **Conducted Motivational Programs for Corporate Sector**
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EDUCATION

- **PhD. (Clinical Psychology) - Ongoing**
JJTU University, Jhunjhunu, Rajasthan
- **M.Sc. in Psychology [2008 - 2010]**
Madras University
- **Hypnotherapist Certification [2010]**
California Institute
- **B.A Hons. in Psychology**
Bombay University
- **Special Educator Certification**
Northern Spastics Society, Delhi (for spastic children, cerebral palsy, autism, learning disability, etc.)
- **B. Ed**
Bombay University
- **Internship**
Tilak Public School, Mumbai

TECHNIQUES PRACTICED

- **Cognitive Behavioural Therapy (CBT)**
 - **Rational Emotive Behavioural Therapy (REBT)**
 - **Counselling**
 - **Psychotherapy**
 - **Hypnotherapy**
 - **Personality testing**
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MY WORK INCLUDES

- **Psychological Evaluation**
Conducting psychological evaluations, LD testing, and other assessments (MMPI, GESTALT) for adolescents and youth.
 - **Building Relationships**
Establishing trust and respect with clients
 - **Counseling Contract**
Agreeing upon counseling contracts to outline session coverage.
 - **Encouraging Communication**
Encouraging clients to openly discuss their feelings.
 - **Empathy and Challenge**
Displaying empathy while challenging clients when necessary.
 - **Referrals**
Referring clients to other sources of help when appropriate.
 - **Confidentiality**
Maintaining confidential records.
 - **Reports**
Preparing detailed reports on client progress.
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