

# 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.

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## EXPERIENCE

- **Lecturer and Clinical Psychologist**  
*Psychiatry Department, MGM Medical College, and Hospital, Belapur*
  - **Private Practice**  
*Seawoods Polyclinic and Diagnostics Centre, NRI Complex*
  - **Lecturer (Psychology, Nursing, and Physiotherapy)**  
*MGM College, Kamothe*
  - **Counsellor for schools**  
*Podar International school, CIE*
  - **Counsellor for Covid-19 patients**  
*Orthonova Hospital, Jalandhar*
  - **Workshops and lectures**  
*Stress management, anxiety etc.*
  - **Motivational Programs for Corporate Sector**
  - **Utilizes Hypnotherapy in Counseling**
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## EDUCATION

- **PhD. (Clinical Psychology) - Ongoing**  
*JJTU University, Jhunjhunu, Rajasthan*
- **M.Sc. in Psychology**  
*Madras University*
- **Hypnotherapist Certification**  
*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*

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## TECHNIQUES PRACTICED

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

- **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.*
  - **Psychological Evaluation**  
*Conducting psychological evaluations, LD testing, and other assessments (MMPI, GESTALT, etc.) for adolescents and youth.*
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