

VARTIKA SINGH

SUMMARY

A highly compassionate Counseling Psychologist with over 3 years of experience in teaching and counseling. She is highly empathetic, thoughtful and client centered. Compassionately committed to working with clients especially having a broad spectrum of different types of mental health issues. Adept at multi tasking and proactively addressing emotionally intense situation with individual clients.

WORK EXPERIENCE

CONSULTANT PSYCHOLOGIST AND COUNSELLOR (APRIL 2020 – PRESENT)

Cure fit (<https://www.cure.fit/>)

CONSULTANT PSYCHOLOGIST (APRIL 2019 – FEBRUARY 2020)

Yourdost Company (<https://yourdost.com/>)

PGT PSYCHOLOGY CUM SCHOOL COUNSELOR (JULY 2019

–March 2020)*Bal Bharti Public School, Gurgaon*

Guest Faculty (ASSISTANT PROFESSOR)

**Bharati College,
University of Delhi**

Pursuing PhD (University of Delhi)

EXTRA WORKING EXPERIENCE

- 3 months of experience working as a **Research Associate in NCERT.**
- Worked as **Creative Content Writer** at India's First onlinemagazine Psychologs.
- Served as a counsellor on COVID-19 Mental health helpline number under **Arogya Seva in collaboration with Karnataka government.**
- Member of **Yellow club's School Outreach Program where I conduct workshops and seminars** related to mental health and career related issues.

CERTIFICATIONS

PG Diploma in guidance and counselling, NCERT, New Delhi.



CONTACT

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+91 7524070305

Email:

vartik111@gmail.com

Highlights

- Articulate communication skills
- Team management
- Empathetic understanding
- Leadership
- Organized
- Good listening skills

PUBLICATIONS

- Emotional Intelligence and Optimism: Understanding the relationship with health behavior Positive Vistas on Health and well-being ISBN No. 978-93-85777-34-9(publication)
- Emotional Intelligence and Happiness: Does Profession Make A difference? Interdisciplinary perspectives on Health and wellbeing ISBN No. 978-93-86256-63-8(publication)
- Presented Paper at International Conference on public health: Issues, challenges, opportunities, prevention, Awareness (2016)

EXTRA KNOWLEDGE AND QUALIFICATIONS

- Trained in Psychological Assessment specially in TAT, Rorschach, MMPI DAPT, CIS, MAP-T, DAT and other assessments tests and in career counselling.
- Trained in conducting Psychological Assessments of adults and children especially MMPI,16 PF, Malin's Intelligence scale, Beck's Anxiety Inventory, BDI, Bender Gestalt Test and RPM etc.
- Trained in making IEPs for special children.
- Trained in CBT, graphology ,client centered approach and also developing interventions.

EDUCATION

B.A (HONS.) PSYCHOLOGY

Daulat Ram College, North Campus, Delhi University

Marks Obtained: 79.45%

M.A APPLIED PSYCHOLOGY SPECIALIZATION (CLINICAL AND COUNSELING)

Department of Applied Psychology, South Campus, Delhi University

Marks Obtained: 80%

UGC-NET QUALIFIED (2019) Twice.

Diploma in counseling and guidance from NCERT – Overall Grade

DECLARATION: I Vartika Singh hereby declare that the above information provided is fully true to my knowledge and believe.

LANGUAGES

- Hindi
- English

HOBBIES

- Poetry writing
- Reading
- Dancing
- Travelling

