

SAKSHI GAUR

Delhi, India

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EDUCATION

CHRIST (Deemed to be University), Delhi NCR

Masters of Science in Counselling Psychology

- **Relevant Coursework:** Multicultural Counseling Skills; Mental Health Disorders; Positive Psychology; Child and Adolescent Counseling; Couples & Family Counseling; Counseling for Special Population; Sex Therapy; Trauma Informed Counseling; Psychological Assessment.

Jesus and Mary College, University of Delhi

Bachelors of Arts Hons in Sociology

- **Relevant Coursework:** Psychology for Health and Well-being; Organizational Psychology; Intergroup Relations; Sociology of India; Sociology of Religion; Political Sociology; Social Stratification; Economic Sociology; Urban Sociology; Environmental Sociology.

INTERNSHIP EXPERIENCE

Reincarnation Association (Dec 2022- June 2023)

Trainee Counseling Psychologist

- Direct client work, Individual therapy sessions, Group therapy sessions, Psychoeducation sessions, Intake and Case history, Psychological Assessments.

St. Paul School Aya Nagar (July 2022- Dec 2022)

Trainee Counselor

- Direct client work, Individual therapy sessions with the students, Group therapy sessions, Psychoeducation sessions, Intake and Case history, Psychological Assessments.

Happy Tree: Deaddiction and Mental Health Hospital (May 2022- July 2022)

Trainee Counseling Psychologist

- Case history intake and MSE; Client work (direct/observation); Content creation; Group therapy and counselling; Family therapy (observation); Psychoeducation (observation/conduction); Psychoeducation seminar; Case conference; Yoga and Mindfulness sessions

Light Up (Sept 2021- Dec 2021)

Community Service Intern

- Assisting in SEL frameworks for the Youth empowerment program i.e., Project Phoenix that aims to build emotional resilience, financial independence, and grassroots leadership in young adults from marginalized communities.

AUG 2020 – SEPT 2020

Singhal Academy (Aug 2020- Sept 2020)

Intern

- Responsible for Academic Content Writing for Psychology for the purpose of practice entrance exams for engineering and medical fields.

RESEARCH EXPERIENCE

- Study to examine effect of eve-teasing exposure on self-esteem, general coping levels and levels of body dissatisfaction in women. (April 2023)
- Study on Migration and its aligning exclusions. Focused on the various forms of political exclusions that an average migrant worker faces in an alien land and evaluated how ill represented the migrant workers are when it comes to welfare benefits. (April 2021)

SKILLS AND ACTIVITIES

Languages: English and Hindi

Technical Skills: Microsoft Word, PowerPoint, Excel, Canva, SPSS and Jamovi.

Certifications and Training:

- Certificate in NLP Programming and Life Coach: Udemy
- Certificate in Organizational Analysis: Stanford University (Coursera)
- Love as a force of Social Justice: Stanford University (Coursera)
- Positive Psychiatry and Mental Health: University of Sydney (Coursera)
- Psychodynamic Psychotherapy: Udemy
- Psychology workshop: The Climber- My Captain (IIM Bangalore)

EXTRA-CURRICULAR

Psychology Association (Sept 2021- May 2023)

Social Media Head and Representative

- Responsible for implementing social media content strategies; Assisted in organization of events; Actively participated in emceeing for events, acquiring event-related sponsorships, visiting child-care homes and organizations to work on enhancing interactions of the association.

Global Youth JMC Chapter (Aug 2020- July 2021)

Social Media Head

- Responsible for curating Global Youth's social media channel; Acted as a moderator to the audience queries; Managed social media partnerships with other organizations; and designed graphic videos and images.

Girl Up Sakhi: UN Foundation Initiative (Aug 2019- Aug 2020)

- Worked alongside United Nations agencies that focuses on issues surrounding women and advocating gender equality in India through campaigns and events.

Minds Foundation (Aug 2021- Dec 2021)

- Assisting with communications (including social media, blogs, videos, etc.), community outreach, and events/programming at MINDS.

This is to certify that above information is true to the best of my knowledge