

## **Bhavika arora** : *Counseling Psychologist & Student Counsellor*

I'm a passionate Counseling Psychologist and Student Counselor, with a deep understanding of Psycho- social systems & my aim is to provide an Empathetic and eclectic approach to Psychotherapy to individuals. The specialization includes stress management, personal growth, interpersonal relationships, body image, anxiety, aggression, and time management. I work with children, adolescents and young adults. I enjoy designing modules and conducting workshops for children. I'm inclined towards educating young children and have gained exposure via practically applying my skills in a school setting. With my knowledge , acquired skills, educational background and personal experience, I hope to help people along their journey of self awareness.



### **Contact information**

Contact details: +918800328183; +971 505149267

Email i'd: abhavika68@gmail.com

Address: B-4/270 Keshav Puram, New delhi, India

### **Personal information**

- Date of Birth: 27th October 1999
- Nationality: Indian
- Language Proficiency : Hindi, English & Punjabi

### **Expertise**

- Management Skills
- Creativity
- Critical Thinking
- Designing modules and conducting workshops
- Empathetic Approach Working with Children and adolescents

### **Strengths**

- Empathetic Listener
- Patience
- Non judgmental attitude
- Cooperative
- Theatre
- Mandala Artist

- Fast learner
- Technology savvy
- Open mindedness

### **Notable Accomplishment**

- Part of the theatre group - UG & PG
- Entrepreneur- Handles my own mandala start up
- Scholarship in undergraduate (2nd, 4th and 5th semester)

### **Certificate**

- Graphology certification from Sherlock Institute of Forensic Science, certified graphologist
- QPR certified gatekeeper training, from Suicide Prevention India foundation

### **Educational Background**

<b>Year</b>	<b>Institution</b>	<b>Marks (%)</b>
2015	Bal Bharati Public School, Rohini, Delhi	10th - CBSE- 70%
2017	Bal Bharati Public School, Rohini, Delhi	12th - CBSE- 85.5%
2017- 2020	Ambedkar University, karampura campus	Bachelors in Psychology- 83%
2020- 2022	Christ University, NCR campus	Masters in Counseling Psychology- 75.1%

### **Work Experience**

<b>Year</b>	<b>Organization</b>	<b>Work Profile</b>
-------------	---------------------	---------------------

2018 - 2019	<u>SPARSH (heal your life) Internship</u> Trainee Psychologist	Observed special education sessions, clinical assessments, counseling sessions, safety workshops. Also conducted special education sessions under the supervision of a Special educator. Formulated modules on a variety of topics and also took workshop sessions.
2018 (May - June)	<u>LADY HARDINGE HOSPITAL</u> Trainee Psychologist	Observation and taking case history of patients with severe psychiatric concerns. Also was a part of a de-addiction center. Observed Electroconvulsive therapy for patients, Gained insight about mental health disorders and also which treatment works best for them.
2018 (July)	<u>UDAAN NGO</u> Trainee Psychologist	Observation and conduction of special education sessions, occupation therapy and speech therapy sessions supervision of trained professionals. Formulation of reports and detailed case discussion was also conducted.
2020 (August) - 2021 (December)	<u>Sanjh jaghori, NGO</u> Trainee Psychologist and social worker	Engaged in research work and was assisting in other paperwork related to women rights awareness. Also took workshop sessions with the women group associated with the organization.
2021 (May- june)	<u>Sarathi Helpline Internship</u> Trainee Psychologist	Conducted individual counseling and group psychoeducation sessions along with writing reports. Formulation of activities for students on various topics based on their age group.
2021 (May- june)	<u>India vision foundation, IVF</u> Trainee Psychologist	India Vision Foundation collaborated on a project with Christ University, NCR campus- Was a trainee psychologist who took over that project for four months. Conducted workshop and individual sessions with children of incarnated parents and also did individual sessions with parents . Also worked on module creation.

2020 (April)- 2021 (January)	<u>Tulip International school- Primary teaching</u> Assistant primary Teacher	Assisted the teachers of class I to V during online teaching. Also assisted the teachers in module formation for primary classes. Taught English and basic mathematics. Also, I am engaged in taking mini group sessions.
2021 (December - April)	<u>Santulan Internship- Trainee counselor</u> Trainee Psychologist - EAP	Works as a trainee psychologist- takes individual Counseling sessions, group sessions and workshops. report formulation for each client. Along with case discussion every week.
2021 (December) - 2022 (April)	<u>Asha deep foundation Internship</u> Trainee Psychologist	As Asha deep is an NGO, so they run a school under them where I used to work as a trainee Psychologist.. Predominantly, I took workshops, group counseling sessions and one to one individual counseling sessions in an offline setting. Also I was a part of the data collection team at this organization.
2022 (May) -- 2022 (July)	<u>Emoneeds</u> Trainee Psychologist	Worked as a trainee Psychologist- took individual Counseling sessions, group sessions and workshops for young adults. Also took the feedback calls for patients on a daily basis. Apart from this, I was actively engaged in the intake of patients - calling for enrollment.
2022 (July) - Present	<u>Christ University, NCR campus</u> Counseling Psychologist - Counsellor	Works as a Student Counsellor - takes individual Counseling sessions, group sessions and workshops. Mentor for peer educators. Actively takes initiative to organize events every month. Assists the School of Law in monitoring attendance of students and managing students' disciplinary behavior.