

Garima Rao

+919717699309

✉ garimaraao88@gmail.com

Objective

Compassionate Clinical Psychologist with 8+ years of working as a School Counsellor dealing with students' emotional and academic needs. Dedicated to serving clients including parents, teachers, and students in a meaningful way, empathetic listeners, and helping them learn how to address their mental, emotional, and behavioral problems. Excel at providing children and adolescents with individual sessions to help them facilitate social, vocational, and personal adjustment to allow them to lead more meaningful and fulfilling lives.

Key Skills & Proficiencies

<ul style="list-style-type: none">• Academic & career counselling• Counseling & Administration procedures• Consultations & Interviewing• Charter school environment• Educational Strategies• School relationships• Teaching self-management & autonomy skills• Living Skills Assistance• Social skill coaching• Complex Problem-Solving• Crisis intervention• Grief management• Conflict resolution• Critical thinking & Analytical skills• Presentation & Learning strategies	<ul style="list-style-type: none">• Student assessment & appraisal• Behavior Analysis• Cognitive Behavior Practices• New student transition• Relaxation Techniques• Clinical Interviewing• Mental Health counselling• Psychological Problems• Therapeutic Exercise• Chronic Disorders• Mood Disorders• Major Depression• Coping Mechanism & Breathing Techniques• Active Learning & Student Rapport Building	<ul style="list-style-type: none">• Emphasizing family-community Teachers Training• Family Counselling• Family and teacher consulting• Parental Workshops• Group Activities• Knowledge of local, state, and federal laws and mandated reporting• Web proficiency• Relationship Issues Management• Developmental Awareness
--	---	---

Professional Experience

School counsellor - Al Muntazir Primary Schools, Dar ES Salaam, Tanzania Mar 2014 – Dec 2019

- Coordinate educational assessment strategies leading to the appropriate placement of students
- Assist with the implementation of Individualized Education Plans (IEP) and Student Study Teams (SST)
- Provide counseling services to accommodate the needs of students identified as struggling with bullying
- Coordinate services to meet the developmental & remedial needs of students identified with learning disabilities, including Down Syndrome, sensory integration disabilities, & spectrum disabilities
- Collaborate with school psychologist, teachers, & other school resources to meet student needs
- Encouraging students to achieve academic success and fulfilling their potential

School Counsellor - Al Muntazir Secondary School - Dar ES Salaam, Tanzania Jan 2020 - Current

- Provide individual & group counseling for members of the student community with needs including anxiety, depression, trauma, intellectual disability, autism, and several other mental health needs.
- Classroom sessions on character, social-emotional learning, & executive functioning skills
- Assist all students on caseload with developing academic, career, and personal/social skills goals & plans
- Interpret & utilize student data to support their growth
- Educate eighth grade students about career awareness, high school options & scholarships
- Provide school staff with needed resources to accommodate needs of students
- Use available technology to improve and enhance counseling services
- Delivered an Anti-Bullying curriculum for grades 4 through 8 focusing on topics such as bullying defined, conflict resolution, sexual harassment, school policy on reporting and discipline, role of the internet in bullying, how to handle bullies, and alternative behaviors for bullies and victims
- Participate in & run weekly team meetings for Initial and Annual IEP's, School-Based Problem Solving, Domain, non-attending, and speech-only meetings. Discuss student classroom performance & behavior as input to target individual, group, & overall student counseling needs
- Helped students to develop & apply academic achievement strategies.
- Modeled appropriate ways to manage emotions & interpersonal skills
- Provided outstanding leadership for the implementation of a comprehensive school counselling program.
- Collaborated with parents and faculty in support of student well-being and growth.

- Created special programming to support healthy lifestyles in conjunction with students and administration.
- Coordinated & developed departmental activities that supported college & career readiness

ACTIVITIES DURING MY TENURE OF WORK

- Positive Parenting Workshop for parents.
- Teachers' training programs – Transactional Analysis, a better understanding of people
- Actively participated in developing the Moral Value Curriculum for Primary schools.
- Teachers training program – Counselling understanding & implementation.
- Teachers training program – Positive School
- Teacher's training – Coping and managing kids.
- Teacher's training – Identifying and helping the abused children.
- Students – Bully prevention, Health and hygiene, Value education, Peer pressure, coping with exam pressure, dealing with friendships, Safety, Good touch Bad touch (child abuse), Healthy food, Goal setting, know yourself, Self- recognition & many more.
- Mindfulness session for Parents, Teachers, & Students.
- Transition through different school levels.

Professional Affiliations

- Advance certificate in Behavior testing & training, GGB, IPU New Delhi.
- Master's in clinical psychology, Dev Sanskriti Vishvavidyalaya, Haridwar Uttarakhand (2008-10)
- Graduation in Bachelor of Home Science - Food Science and Nutrition & Textiles, Banasthali University Rajasthan (2008).
- Intermediate (C.B.S.E. Board) 2005
- High School (C.B.S.E. Board) 2003

TRAINING & EXPERIENCES

- Online Training in Clinical Psychology (2021)
- Neuro Psychology 2 days training, Al Muntazir Seminary
- One year of Clinical Experience in Dev Sanskriti Vishvavidyalaya.
- One year of experience in Supportive Therapies (Yoga Nidra, Pranic Healing, Jacobson's relaxation technique & acupressure).
- Accomplished a two-month internship in Lucknow, during internship handled Several patients with various mental health issues. Online Training in Clinical Psychology 2021.
- Accomplished a two months' internship in Lucknow, during internship handled several patients with various mental health issues.

Workshops

- Ten-day practical training workshop at AGRA MENTAL HOSPITAL.
- Attended a one-day workshop on INTAKE INTERVIEW at VIMHANS Delhi.
- Attended another three days of workshops on orientation to PSYSOMATIC DISORDERS at VIMHANS Delhi.

RESEARCH WORK

- Dissertation on the topic **"A study of achievement motivation as related to Personality traits"**.
- Submitted and defended a Research Paper to see Basic of Value Education.
- Project on the topic **" A comparative study of Inferiority, insecurity, self-confidence & emotional maturity among alcoholic and non-alcoholic adolescents"**.

INTEREST

- Music
- Writing & Reading
- High Interest in Counselling.

STRENGTH

- Ability to hard work and positive approach.
- Honesty and dedication in work.
- Understanding and adjusting attitude.
- Challenges took as an opportunity.

Languages

- English
- Hindi
- Punjabi
- Swahili