



Contact

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LinkedIn Chetna Bhatia_

Location

Zirakpur, India

Education

2022-2024

M.Sc. Clinical Psychology
Chitkara University Rajpura

2015-2018

B.com
Panjab University, Chandigarh

Skills

1. Active Listening
2. Empathy
3. Communication Skills
4. Emotional Intelligence
5. Problem-Solving
6. Adaptability
7. Rapport Building
8. Patience and Resilience
9. Ethical Decision-Making
10. Observation and Analytical Skills

Languages

English Advanced
Hindi Native

Chetna Bhatia

A compassionate psychologist dedicated to helping individuals navigate emotional and psychological challenges. Specializes in interpersonal skills and evidence-based therapies, fostering growth and resilience through empathetic and ethical practice.

Experience

Paras hospital, Panchkula

- Observed and assisted in psychological assessments and therapy sessions for diverse cases.
- Learned the process of diagnosing mental health conditions under supervision.
- Worked closely with a multidisciplinary team, including psychiatrists and counselors.

Dr Sheetal Sharma Office, Chandigarh

- Improved history taking and case documentation for effective follow-ups.
- Practiced building rapport with clients through empathetic communication.
- Learned organizational skills essential for maintaining a seamless therapeutic practice.
- Regularly discussed case studies to deepen clinical understanding and problem-solving skills.

Fortis Hospital, Mohali

- Observed therapy sessions, gaining practical insights into client-therapist interactions.
- Studied diverse client cases involving anxiety, depression, and stress-related disorders.
- Gained foundational knowledge of Cognitive Behavioral Therapy (CBT) techniques.
- Understood therapy frameworks and approaches to address various psychological issues.

Chitkara International School, Chandigarh

- Conducted individual and group counseling sessions to address emotional, academic, and behavioral issues among students.
- Organized workshops on mental health awareness, stress management, and interpersonal skills.
- Delivered motivational talks to promote a positive mindset and resilience among students.