

Jaya Tiwari

Counseling Psychologist | Neuroscience Enthusiast

<https://www.linkedin.com/in/jaya-tiwari-b69117230/>

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Ludhiana, Punjab

Objective

Dynamic and compassionate Counseling Psychologist with a robust background in counseling, teaching, and research. Skilled in student profiling, career counseling, and psychological assessments, with hands-on experience supporting the diverse needs of undergraduate and postgraduate students. Proven ability to connect with individuals from various backgrounds, guiding them in academic, personal, and career development. Demonstrated expertise in delivering engaging educational sessions, conducting insightful research, and fostering inclusive environments that promote mental well-being and academic success. Recognized for strong interpersonal skills, a research-driven approach, and a commitment to holistic student support.

Education

Integral University

Lucknow, U.P

M.A Clinical Psychology, 2024

- CGPA: 8.70
- Dissertation: Prevalence of Nomophobia Among Young Adults
- Field Practice: Psychiatry Ward, Integral Hospital

Integral University

Lucknow, U.P

B.A (H) Psychology, 2022

- CGPA: 9.56 (Gold Medalist)

Professional Experience

Career Counseling Consultant

HighDive (HR Firm) - November 2023 ~ Present

- Oversee institutional partnerships and strategic collaborations.
- Lead mental health initiatives and programs to enhance employee well-being.
- Conducted career counseling sessions for a diverse group of young professionals, guiding them in choosing career paths aligned with their skills and interests.
- Designed and administered psychometric assessments to create student profiles, helping identify strengths and areas for improvement.
- Developed action plans tailored to individual career goals, incorporating skill-building and mental wellness strategies.
- Regularly monitored and followed up with clients to track progress and provide ongoing support.

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Psychology Teacher- Freelancer

Elite Academix & TuitionE

- Taught school, undergraduate and postgraduate psychology students, focusing on counseling techniques, abnormal psychology, and research methods.
- Guided students through practical applications of psychological concepts in real-world settings.
- Assessed student performance through exams, projects, and class participation, providing constructive feedback to facilitate learning.

Psychology Intern

Fortis Healthcare & Knowledge Bridge Consulting Inc. - 2023

- Assisting senior psychologists with various tasks and projects.
- Proficient in psychological assessment tools and techniques.
- Executing marketing campaigns with professionalism and attention to detail.
- Contributed to content creation for educational and psychological resources.
- Managing case studies and ensuring accurate data collection and analysis
- Performing administrative tasks and other duties as assigned by supervisors

AI Trainer & Subject Matter Expert (Psychology) - Freelancer

Accunai & Soul AI

- Training AI models in psychological concepts
- Applied expertise in psychology and reinforcement learning to enhance AI models' accuracy, contributing to advancements in AI-driven mental health interventions.

Professional Development

Dissertation:

A Research Study Focusing on the Prevalence of Mobile Phone Dependence Among Young Adults (18-24), 2024

Workshop Attended:

Three-day International Workshop on Psychotherapeutic Modalities: An Interventional Approach at Overall Wellbeing at Integral University, 2024

Paper Presentation:

Revolutionizing Child and Adolescent Mental Health: Technological and Therapeutic Innovations at 5th International Conference "Innovative Strategies and Advancements in Academics and Research: Navigating Global Scenarios" at IMHRC & Shia P.G College 2023

Clinical Internship:

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15-day Online Internship in Clinical psychology at Department of Mental Health and behavioral Sciences, Fortis healthcare. 2023

Certifications:

POSH (Prevention of Sexual Harassment) Trainer — Concept of Living Charitable Trust (2024)

Identifying Early Signs of psychosis in Adolescents and Young Adults, Stanford University School of Medicine (2023)

Gold Medalist: Bachelor of Arts (Hons) in Psychology, Integral University (2022)
Human Rights: General Perspective, Integral University, Lucknow (2022)

Key Skills

- Counseling & Student Profiling
 - Career Guidance & Development
 - Data Collection & Analysis
 - SPSS & Excel
 - Strong report writing & documentation
 - Public Speaking
 - Interdisciplinary Collaboration
 - Effective Communication
 - Problem-solving
 - High Emotional Awareness
 - Microsoft Office Suite
 - Psychological Assessments
 - Project Management
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Languages

- English (Fluent)
 - Hindi (Fluent)
 - Punjabi (Fluent)
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Personal Vision for the Position

I am eager to contribute to the organization by applying my knowledge of psychology to explore key topics like youth empowerment, educational development, and collaborative relationships. I believe that fostering mental well-being is integral to nation-building and envision contributing research and written works that highlight India's academic and overall growth through psychological insights.

References

Available upon request.
