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India



Rutuja Shalgar

Psychologist

Skills

- Communication Skills
- Ability to Work Under Pressure
- Critical thinking and problem solving
- Team leadership
- Ability to Multitask
- Active listening
- Critical thinking
- Problem-solving
- Empathy
- Counseling
- Diagnosis
- Ability to work in a team

Education

2022 - 2024

MA Counselling Psychology | MITWPU | Pune

2018 - 2021

Bachelor in Arts | Kle's Lingaraj college | Belgaum

3 Years

Experience

Present

School Counselling | Podar international school | Ichalkaranji

- Conducted individual and group counseling sessions to address academic, behavioral, and emotional challenges.
- Designed and delivered life skills sessions for students in Classes 1 to 8, focusing on communication, emotional regulation, and problem-solving.
- Collaborated with teachers and parents to create personalized support plans for students in need.

Trainee Psychologist | The Psych Hub | Part time

- Conducting supervised client sessions, learning therapeutic techniques and assessments.
- Engaging in supervision and feedback to enhance counseling skills.
- Developing social media content to promote mental health awareness and support.

Psychologist | Anahat Music Therapy Centre | Pune

- Observed both online and in-person sessions and activity engaged in analysing and consulting implementation of various music therapy interventions.
- Developing and designing research surveys and trials.
- Live workshop observations to facilitate music therapy interventions.

Languages

Present

English

Hindi

Marathi

Certification and workshops

Assessment Mastery Workshop

1 Week

Expressive Art therapy , Socially souled

05/2023 - 07/2023

Forensic psychology , Socially souled

07/2023 - 08/2023

2024 - 2024

2.5 Months

Activities

2021 - 2021

Mega Mental Health Camp | KLE Ayurvedic hospital | Belgaum

Led child counseling and mental health awareness at a Mega Health Camp at KLE Ayurvedic Hospital, promoting holistic well-being and community engagement. This experience strengthened my leadership, organizational, and counseling skills while positively impacting attendees.

2023 - 2023

1 Months

Psychologist | KLE Hospital | Belgaum

- Conducted case studies to evaluate patients' mental health, providing key insights for the clinical team.
- Offered compassionate support and established a therapeutic environment, including administering psychometric tests to children.
- Contributed to treatment planning with valuable observations and case study input, improving patient care quality.

2020 - 2020

1 Months

Psychologist | Shantai Old age home | Belgaum

- Designed and led activities to boost physical and mental health.
- Provided individual and group counseling with compassion.
- Conducted laughter therapy and collaborated on geriatric care challenges.