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Ambattur,
Chennai

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SHOBANA D

COUNSELLING PSYCHOLOGIST

Dedicated and empathetic individual with Master's in Counselling psychology with expertise in counselling with Egan's model and various psychotherapy approaches & techniques. Skilled in conducting psychological assessments. Experienced in counselling in diverse therapeutic settings and across all ages. Seeking counselling opportunities in a dynamic organizational setup.

LANGUAGES

English (Reading, Writing, Speaking)

Tamil (Reading, Speaking)

Hindi (Reading, Writing, Speaking)

EDUCATION

M.Sc. Counselling Psychology (Regular)

University of Madras, Chennai

2022 – 2024

B.Sc. Psychology - FIRST CLASS

Stella Maris College, Chennai

2019 – 2022

EXPERIENCES

Trainee Psychologist

INSIGHTE | Bangalore

Oct 2024 - Present

- I am working in a school supporting a neurodiverse child for psycho-emotional wellbeing and social inclusivity. And advocate to the school and family.*

Mental Health Support Intern

CHAMBERLY | Remote

July - Sept 2024

- I offered online counselling with empathetic listening and support, enhancing rapport-building skills while integrating SFBT techniques when appropriate to national and international clients, dealing with loneliness, relationship and family issues among others.*

KEY SKILLS

Professional Skills

- Counselling Techniques
- Psychological Assessments
- Treatment Planning
- Active Listening
- Research & Analysis
- Report Writing & Documentation
- Crisis Intervention

Technical/ Computer Skills

- MS Office
- Google Workspace

Soft Skills

- Communication
- Confidentiality and Ethics
- Flexible & Adaptable
- Planning and Organizing
- Attention to detail

- Critical thinking & Problem solving
- Active listening skills
- Confrontation & Questioning
- Supportive & Nonjudgemental

TRAININGS

- Wellbeing Volunteer
- Suicide Prevention First Aider
- Dialectical Behavior Therapy
- Solution Focused Brief Therapy
- Narrative Therapy
- Art Therapy
- Psychological First Aid

Psychologist

IQU CLINIC | Kilpauk, Chennai

June 2024

- *Managed 4-6 clients with relationship issues, PTSD, trauma, family issues, and autism. Used CBT, DBT, play therapy, confrontation, and rapport-building in a collaborative approach. Daily tasks included report writing, case discussions, and documentation.*

INTERNSHIPS

INSTITUTE OF MENTAL HEALTH | Kilpauk, Chennai

Sept - Oct 2023

- *Observed case discussions and conducted psychological assessments in Wards – Inpatient, Outpatient, Child and Psychiatry; enhancing skills in provisional diagnosis and therapeutic interventions.*

JUVENILE JUSTICE BOARD AND GOVERNMENT

OBSERVATION HOME | Purasaiwakkam, Chennai

July - Sept 2023

- *Engaged with juvenile boys and girls to understand their emotional experiences and facilitate support.*

ANNAI TERESA OLD AGE HOME | Kilpauk, Chennai

June – Dec 2023

- *Conducted one-on-one counseling sessions with elderly individuals, uncovering feelings of loneliness and facilitating group therapy with mindfulness techniques.*

SRISHTI SPECIAL SCHOOL | Mogappair, Chennai

May – Nov 2023

- *Worked with children with neurodevelopmental and learning disabilities, employing diverse techniques and teaching dance for self-expression.*

UNIVERSITY OF MADRAS | Chepauk, Chennai

May 2023

- *Facilitated a summer program focused on group therapy and psychoeducation for children from 8 to 13 years, further developing counseling and therapeutic skills.*