

Samya Kansal

Counselling Psychologist

Dedicated psychologist with a strong mental health foundation, and expertise in CBT and SPSS, enhancing student well-being through individualized counseling and mental health programs.

Compassionate, multicultural, and committed to creating a supportive environment for adolescents, teenagers, and adults.

Work History

2024-07 - Current	School Counselor <i>Vibgyor High School, Gurugram</i> Enhanced student well-being through individual counseling and informal assessments, facilitated mental health awareness workshops on topics, collaborated on ICPs, and engaged parents through educational resources and seminars.
2023-02 - 2023-04	Psychology Intern <i>Confidence Clinic, Gurugram</i> Conducted intake interviews and assessments, maintained confidentiality, developed therapeutic rapport, and created psychoeducational materials.
2022-10 - 2022-10	Clinical Psychology Intern <i>Manthan Hospital Neuro-psychiatric Center, Gurugram</i> Implemented evidence-based interventions, conducted assessments, and facilitated psychoeducational groups while supporting case management, psychiatric diagnosis, and conducting psychometric assessments.
2022-07 - 2022-07	Clinical Psychometrician Intern <i>Saksham Child & Adolescent Clinic and SGRH, Janakpuri, And Karol Bagh</i> Trained in child and adolescent therapy, conducted assessments, integrated techniques for testing, and upheld ethical standards.
2021-04 - 2021-05	Psychologist Intern <i>Moolchand Hospital, New Delhi</i> Acquired hands-on experience in OPD, taking case histories, diagnoses, therapy, and psychological

Contact

Address
Gurgaon, IN 122001

Phone
7678120525

E-mail
samyakansal07@gmail.com

LinkedIn
linkedin.com/in/samya-kansal-a9a1bb1b5

Skills

- Multicultural Competence
- Compassionate
- Group and individual therapy facilitator
- Counseling and therapy (CBT, DBT, Mindfulness, etc.)
- Special Education
- Crisis intervention strategies and solution-focused
- Parent-teacher collaboration
- Empathetic and active listening
- Expertise in SPSS
- Individualized Education (IEP) and Counselling (ICP) programs
- Inter-personal Skills

evaluations while developing intervention strategies and enhancing client coping skills through stress management and mindfulness techniques.

Education

- 2022-07 -
2024-05

Master of Arts: Clinical Psychology
Amity University - Noida
 - Graduation with Distinction, 4, 2024
 - 8.16 CGPA
 - Recipient of Personal and Professional Skills Award, 2022-2024
 - Elected as class representative, 2022-2024
- 2019-08 -
2022-04

Bachelor of Arts: Applied Psychology
Amity University - Noida
 - Hons., 6, 2022
 - Graduation with Distinction, 6, 2022
 - 8.02 CGPA
- 2018-04 -
2019-03

High School Diploma
Apeejay School - Pitampura, Delhi
 - Final Grade: 77 %
 - Subjects: Physics, Chemistry, Biology, Home-Science, Physical Education

Certifications

Practitioner Certificate - Thematic Appreciation Test (TAT)

Accomplishments

- Published research paper: Relationship among Perceived Parenting Styles, Self-Concept, and Fear of Intimacy: A Correlational. Link to publication: <https://ijip.in/articles/fear-of-intimacy/>
- Dissertation: Relationship between spiritual intelligence, emotional intelligence, and personality among males and females: A co-relational research, (2022)
- Dissertation: The Influence of Perceived Parenting Styles and Self-Concept on Fear of Intimacy in Individuals, (2024)

Software

- SPSS
- MS Office