

# **GARGI YADAV**

## Counseling Psychologist, Human Resources

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Greater Noida, Uttar Pradesh

## **Experience**

Project C Foundation - We Care For Your Mental Health · Freelance

### **Counseling Psychologist, Project Psychologist**

Conduct counseling sessions to support individuals in their journey of personal growth and development. Provide life coaching to help clients achieve their personal and professional goals. Additionally, contribute to projects and initiatives launched by the organization.

TalktoAngel · Freelance

### **Counseling Psychologist**

Conduct counseling sessions to guide and support individuals in their personal growth and development. Provide life coaching to empower clients in reaching their personal and professional objectives.

Topmate · Freelance

### **Counseling Psychologist, Counselor**

Facilitate counseling sessions to guide and support individuals on their personal growth journeys. Offer life coaching to empower clients in achieving their personal and professional goals.

Psyche Growth Solution · Freelance

### **Counseling Psychologist**

Conduct counseling sessions to guide and support individuals on their personal journeys. Provide life coaching to help clients accomplish their personal and professional aspirations.

Medavas · Freelance

### **Counseling Psychologist**

Facilitate counseling sessions to offer guidance and support to individuals. Deliver life coaching to empower clients in reaching their personal and professional objectives.

Mindspace Club - India's loved mental health platform. Best psychologists, psychiatrists, listeners. · Freelance

### **Counseling Psychologist**

Conduct counseling sessions for individuals seeking guidance and support. Provide life coaching to help clients achieve personal and professional goals. Utilize psychological principles to address mental health concerns and promote well-being.

Astrotalk

### **Psychologist, Life Coach, Counsellor**

Conduct counseling sessions for individuals seeking guidance and support. Provide life coaching to help clients achieve personal and professional goals. Collaborate with clients to develop personalized strategies for growth and self-improvement. Maintain accurate documentation of client sessions and progress. Stay updated on industry trends and best practices through continuous learning and professional development activities.

Emo Matrix

### **Counseling Psychologist, Program Manager**

Manage counseling programs and initiatives to support individuals in need of mental health services. Provide counseling and therapy to clients facing emotional, behavioral, and psychological challenges. Collaborate with team members to develop and implement effective counseling strategies and interventions.

Anamkaruhh, New Delhi

### **Junior Psychologist**

Participate in role plays to enhance counseling and therapeutic skills.

Assist in taking Pro Bono cases to gain practical experience and contribute to community welfare. Conduct analysis and diagnosis of mental health conditions under supervision.

Attend classes and training sessions to stay updated on the latest developments in psychology and counseling practices.

## Yatharth hospital, Greater Noida

### Psychologist, Counsellor

Provide counseling and psychological support to patients under the supervision of Dr. Ashima

Ranjan. Conduct observations of patient cases to gain insights into various mental health conditions.

Take detailed case histories to assess patients' backgrounds and experiences.

Analyze patient information and symptoms to make accurate diagnoses.

Collaborate with the healthcare team to develop comprehensive treatment plans for patients.

## Asha Kiran Self, Greater Noida

### Junior Psychologist, Counsellor

Conduct observation of patient cases to gain practical experience in mental health

counseling. Take detailed case histories to assess patients' backgrounds and mental health concerns.

Perform analysis and diagnosis of mental health conditions under supervision.

Create informative presentations, posters, videos, and infographics to raise awareness about mental health issues.

## HappiMynd

### HM Intern

Conducted data handling tasks, including organizing and analyzing data sets.

Provided customer care support by addressing inquiries and resolving issues promptly.

Assisted in managing product management teams by coordinating tasks and facilitating communication.

Conducted research to support product development initiatives, including market research and competitor analysis.

## Motilal Medical College, Allahabad

### Intern

Conducted case studies to analyze and document patient histories and treatment outcomes.

Assisted in organizing workshops and conferences related to medical research and education.

## PSYCHIATRIC DEPARTMENT, MOOLCHAND HOSPITAL, NEW DELHI

### Intern

Conducted case history procedures for patient assessment.

Organized workshops and conferences related to psychiatric research and treatment.

Assisted with administrative tasks to support departmental operations.

## Education

AMITY UNIVERSITY, NOIDA, UTTAR PRADESH

**POST GRADUATION: M.A. CLINICAL PSYCHOLOGY** 2021 - 2023

AMITY UNIVERSITY, NOIDA, UTTAR PRADESH

**GRADUATION: B.A (HONS) APPLIED PSYCHOLOGY** 2018 - 2021

J.P. INTERNATIONAL SCHOOL, GREATER NOIDA

**12 TH STANDARD** 2016

J.P. INTERNATIONAL SCHOOL, GREATER NOIDA

**10TH STANDARD** 2014

## **Skills**

Active Listening, Analytical Skills, Attention to Detail, Counseling, Critical Thinking, HR Management, Problem Solving, Team Leadership, Team Management, Time Management, Employee relations, Organizational development, Strategic planning, Change management, Crisis intervention, Emotional intelligence, Therapy, Treatment planning

## **CERTIFICATIONS**

- CBT Coach Practitioner

The Priority Academy

- Relationship Coach

International Academy of Life Coaching & Entrepreneurship

- Preparing to Manage Human Resources

University of Minnesota, Online

- Hypnotherapy

udemy, Online

- Digital Media Marketing

Google, Online