

# **Aqsa Khatib**

**Counseling Psychologist**

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I've grown to have a strong passion for adult and adolescent psychology. When I look inward. I see that my strengths lay in being consistent, resilient, and empathetic – skills I believe are essentials for anyone working with your mind and a regular basis. I am therefore actively looking for possibilities to put my skills to use and contribute to the development of adults and adolescents. I'm interested in helping people gain understanding and acquire new perspectives while assisting them in solving problems and leading meaningful lives.



## **Work History**

### **Doctor Sisters**

#### **Counseling Psychologist**

April 2024- Present

Conduct 1:1 counseling sessions or case consultations.

Observe, interview and survey patients, Screening test and managing various mental, emotional, and behavioral disorders. Review relevant literature, synthesize evidence-based materials, and translate complex behavioral health concepts Conduct case management and other administrative tasks as needed

### **JumpingMinds**

#### **Counseling Psychologist**

October 2023 - Present

Providing Range of mental health services to support Individuals facing various challenges.

Area of Expert : Anxiety Management, Crisis Intervention , Relationship Conflicts , Body Image Issues , Grief and Trauma support Care.

## **Hugg.co.**

### **Psychologist**

June 2023- March 2024

One-on-one online counseling and aiding clients with insights and problem-solving abilities regarding their issues. Following an eclectic approach, I assist clients using CBT, ACT, Transactional Analysis, and other therapy modalities as needed.

1. Managing and Instructor in CBT Cohorts of hugg.co.in
2. Contribute towards the psychology pipeline of the company
3. Modify and contribute in hugg.co.in camps and sessions
4. Leads on Supervision assigned by the board of the company

### **Counseling psychologist - Self-employed**

May 2023 - Present

Hybrid

- Online therapy services for adults
- Life skill coaching and counseling at rural schools
- Conduct psychometric assessments
- Identify learning disabilities, developmental delays, and emotional or behavioral challenges
- Aptitude, interest, and personality testing
- Vocational guidance
- Collaborate with teachers and parents for strategies and interventions
- Crisis management and counseling during traumatic events.

### **Content writer - Saday**

May 2023- Jan 2024

Writing mental health articles and converting survey transcripts into stories.

### **Vandrevala foundation – Volunteer**

May 2023 - August 2023

Crisis Counseling by providing chat-based support. Helping clients with grounding techniques and handling sensitive concerns with effective techniques. Solution focused therapy and providing resources and assisting people with self-harm and suicidal ideations.

## ▪ **School Counselling psychologist**

Jan 2023 - Mar 2023 *Al Barkaat School kurla, Mumbai*

- Individual sessions with formal and informal assessment on behavioral, emotional & academic concerns such as Stress management, Body acceptance, Communication skills, Social adjustment, Post Traumatic Stress Disorder, Anxiety. Overthinking, Self-expression. Adapting to blended family. Token economy, Self-esteem, emotional regulation.
- Parent intervention about effective parenting techniques. Therapeutic approaches such as Cognitive behavioral therapy, Acceptance Commitment therapy. Behavior therapy.
- Vocational guidance with assessments of Aptitude, Interest and Personality. Workshops on Orientation to the Counseling for Students.

## ▪ **Intern, Counsellor Sankalp Rehabilitation**

Aug 2022 - Oct 2022

- Collected case histories covering personal, work and social details for permanent records.
- Administered, scored and interpreted psychological tests during office visits.
- Assessed available case data and prepared reports outlining findings and recommendations.
- Mental Status Examination, Goal setting, Case-history. Assessment. • Relapse prevention, Journaling, Acceptance Commitment therapy. Identifying Cognitive distortions, Cognitive Behavior therapy, Positive thinking, Group therapy. Workshops on building better relationships, social skills, Gratitude and affirmation, Semi-projective tests, Family meeting.
- Counseling individuals and groups regarding problems such as stress, substance abuse or family situations to modify behavior to improve personal adjustment.
- Facilitated group therapy sessions to provide interactive and supportive environment for clients to process experiences and learn new coping skills.
- Interacted with clients to assist in gaining insight, defining goals and planning action to achieve effective personal development and adjustment.

## ▪ **Volunter**

Mar 2022 *SNEHA organization Mumbai*

- Coordinated individual referrals to obtain community services, advocate for client needs and resolve roadblocks.
- Participated in volunteer orientations and training sessions to learn about organizational changes and mission updates.
- Participation in focussed group discussion, observation and note taking • Maintained internal database of service workers, participants, activities and other relevant details.

## ▪ **Content Writer**

Nov-Dec 2022 *Chanakya Mental Health Mumbai*

- Wrote and edited high-quality content and visually impactful programs under deadline pressure with exciting, captivating, and authentic approach.
- Developed content for variety of mental health concerns and awareness.

## ▪ **Student Intern**

Jul 2020 Fortis Healthcare Mumbai

- Gained operational knowledge and supported departmental needs.
- Critical analysis.

Case study. Overview -clinical intervention and assesment Therapy techniques, Mental Status Examination, Psychotherapeutic Approaches to Specific Population, Advent of Psychotherapy -DBT, ACT, MBCT, Establishing therapeutic alliance in clinical practice, Glimpse into psychoanalytical approach to psychotherapy, understanding trauma counseling, Psychotherapy directed towards self-growth and self-care.

## ▪ Aug 2019- **Teacher Trainee**

Loyala Kinder Garten, Jacob, Mumbai

- Created effective and positive environment targeting individual student success while instructing staff members on Type teaching. • Monitored classroom for safety and good behavior, offering students positive reinforcement to maintain discipline
- Designed lessons for students using various teaching methods and modern classroom technologies.

## Skills

- Verbal and written communication skills.
- Dexterity in handling unfortunate skills.
- Diligent Empathetic and responsible.
- Balance in personal and professional life.
- Creative writing
- Building rapport
- Stress management
- Psychosocial assessment
- Treatment planning

## Accomplishment

- Cognitive behavior therapy certification from [hugg.co.in](http://hugg.co.in)
- Dissertation on Relationship between Need for cognitive closure and Fear of Negative Evaluation and Appearance Anxiety.
- Ranked first in HSC Burhani college of arts and commerce college. • Participation in Merit Certificate in the National Science Indian Talent competition, held in the year 2015-16.
- Secured certificate of two rounds of merit in the National English Talent Competition 2015-16

## Education

- Secured 73.8% in Master's degree in counseling psychology in Shreemati Maniben MMP SHAH COLLEGE MATUNGA MUMBAI.
- Secured 85% in Bachelor of Arts- Psychology Majors from Smt. MP Shah Women's College of Arts & Commerce, Mumbai March 2020
- Secured 84% in HSC from Burhani College of Arts and Commerce, Mumbai
- Secured 83% in SSC from National English School Rajapur, Dist Ratnagiri

## ★Additional Information

- Vocational counseling for 9th grades by conducting aptitude, personality, interest and anxiety screening tests and intaking parents student meeting at Our lady of good counsel high school February 2023.
- Conducted workshop on Exam Stress Management for 9<sup>th</sup> grades in Al Barkaat school in February 2023.
- Conducted workshop on Healthy and Unhealthy relationships with 9<sup>th</sup> grades in Al Barkaat school February 2023.
- Conducted a workshop on orientation to Counselling and referral process for the teacher at Al Barkaat school in January 2023.  
Conducted mental health workshops on Orientation to counselling, Anger management, Exam stress and gratitude for adolescents in National English School. Rajapur, Dist. Ratnagiri on December 26 2022.
- Conducting workshop in Building Relationship, setting boundaries in Sankalp Rehabilitation Center in August 2022.
- Conducting workshop on Gratitude, Forgiveness and building bands in Sankalp Rehabilitation Center in August 2022.
- Attended workshop series of psycho-oncology, psychotherapy and art therapy by fortis mental health care.
- Organized Mental Wellness program in the college promoting mental health in February 2020
- Conducting activities enhancing child development in Manav Seva Sangh Orphanage on 25<sup>th</sup> January 2020
- Conducting guess lecture on Nutrition and body shaming in Shaheen High School Bandra in January 2020