

**Chhavi Verma**

**Post Graduate**

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Fresher with knowledge of therapies like CBT, REBT, SFT, Narrative Therapy, Art Therapy etc. Open to provide therapy to individuals, couples and families. Committed to working collaboratively with clients to achieve therapeutic goals. Aiming to utilize my skills and knowledge to help people to have a peaceful life ahead.

## **Skills**

- Good Listener
- Empathy
- Problem Solving
- Emotional Support
- Communication
- Understanding

## **Work History**

1. April 2017 - June 2022

**Tuition Teacher**

Self, Delhi.

- Designed learning plans to help struggling students.
- Helped students to explore concepts with learning focused activities.
- Prepared quizzes, tests and examinations to see how students are doing in their studies.

2. July 2022 - September 2022

**Counseling Intern**

Silent Door, Archika Jain, Delhi.

- Counseled clients to help understand and overcome personal and social behaviors.
- Performed many hours of supervised group and individual counseling sessions.
- Encouraged participants to open up and share thoughts.
- Made case study files of the clients.
- Listened to clients concerns and provided encouragement and support.
- Educated clients on mental health topics.
- Practiced many types of therapies.
- Performed different assessment tools.

**Education**

- 10+2 Schooling, 2017  
St. Anthony Girls School, Delhi.
- Graduation, 2021  
Bachelor of Arts.  
Janki Devi Memorial College, DU, Delhi.
- Post Graduation, 2024  
In Psychology.  
Vision Institute, IGNOU, Delhi.