

MAHEK BHAVANI

COUNSELLING PSYCHOLOGIST

Passionate and motivated psychology student, offers excellent teamwork abilities and great interpersonal communication. Possess knowledge about psychological development and research practices. Inclined towards a holistic approach in psychology with an emphasis on Indian Psychology.



+91 - 9726693535



bhavanimahek35@gmail.com



www.linkedin.com/in/mahek-bhavani

CERTIFICATES

COUNSELLING TRAINING AND INTERNSHIP

April '21 - June '21

Cognizavest, Surat

CLINICAL / COUNSELLING TRAINING PROGRAMME

April '21 - June '21

Psychologist Mahek Pathan, Surat

PRERNA: AUROVILLE IMMERSION PROGRAMME

Jan '20

Auroville, Pondicherry

ACHIEVEMENTS

FOUNDED A MENTAL HEALTH AWARENESS CLUB

2018 - 2020

Auro University, Surat

VOLUNTEERED AT GUJARAT LITERATURE FESTIVAL

Jan '2019

Vadodara

SKILLS

Research

Leadership

MS Office

Interpersonal Communication

Team-work

Creativity

EDUCATION

M.A. PSYCHOLOGY (COUNSELLING)

Oct 2021 - May 2023

Symbiosis College of Arts and Commerce, Pune

B.A. LIBERAL ARTS

July 2018 - May 2021

Auro University, Surat

WORK EXPERIENCE

SPECIAL EDUCATION DEMO TRAINER

Jan '23 - March '23

UFaber Edutech Pvt. Ltd.

- Psychoeducation of parents of children with special need (ADHD/ASD)
- Demo session for children with special needs

COUNSELLOR

Jan '23 - Ongoing

Freelance

- Conduct one - on - one counselling sessions related to day-to-day stressors.

PSYCHOLOGIST

Sept '22 - Nov '22

VGoldenage Assisted Living for Elder Care

- Conducted one-on-one counselling sessions, family history and MSE
- Created interventions and offered community support

ASSISTANT PSYCHOLOGIST

July '21 - Oct '21

Turning Point Rehab, Surat

- Observed and assisted in personal counselling sessions
- Constructed worksheets and activities for the 12-step programme
- Conducted group therapy sessions
- Social media marketing for their Instagram

ART THERAPY AND MINDFULNESS WORKSHOP

Jan '20 - ongoing

Freelance

- Conducted workshops for Students, Housewives, and employees.
- Topic: Mindfulness, Stress management, Yoga/Meditation, Communication skills, Time Management