

Shreya Tiwari

Psychological Counselor

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Committed Psychological Counselor with 2.5 years' experience in tailoring therapeutic interventions and case management to promote mental health. Utilizing a compassionate, human-first approach, I specialize in creating individualized assessments and tailored treatment plans driven by understanding and cutting-edge practices for long-lasting wellbeing. Trust in a counseling journey that's as unique as you are.

Experience

From June 2022 - Present

Freelance Psychological Counselor Practitioner - Clinic

Conducted individual and group counseling sessions targeting anxiety, stress, relationships, career challenges, and depression. Developed and implemented personalized treatment plans in collaboration with clients.

Utilized specific therapeutic techniques and assessments, such as Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT), to support client development. Built a referral network with other healthcare providers, including physicians and psychiatrists, to facilitate comprehensive care through client referrals.

From October 2021 - Present

Psychological Counselor - APP Foundation NGO

As a dedicated healthcare professional, I have facilitated both individual and group therapy sessions. My commitment extends to conducting healthcare camps focused on mental wellbeing, where I raise awareness, provide free screenings, and share resources to encourage individuals to seek additional support for their mental health.

I have also inspired children to pursue education in rural areas by initiating programs designed to motivate and assist local students. These programs have included community engagement events that emphasize the long-term benefits of education and illuminate various career opportunities.

Certifications

Specialized Certificate Course in Psychological Counseling

Udemy - iSapientific Studio

Counselling Children & Adolescents

Udemy - Elmira Strange, MPhil, Dip

Solution Based Counselling Practitioner

Udemy - Graham Nichollas

Depression Counselling Diploma: Advanced Level

Udemy - Elmira Strange, MPhil, Dip

International Certified Career Coach

Mindler

Skills

- Empathy & Rapport Building
- Effective Communication
- Active Listening and Trust Building
- Problem-Solving & Patience
- Adaptability & Flexibility
- Diagnostic Proficiency
- Cultural Competence
- Critical Analysis
- Resilience in Self-Care
- Crisis Management

Education

From 2015 - 2017

Masters of Arts in Psychology

Bundelkhand University

From 2012 - 2015

Bachelor of Arts in Psychology Hons.

Shridhar University

Languages

- Hindi
- English
- Bengali
- Bhojpuri