

Priyanshi Gupta

COUNSELLING
PSYCHOLOGIST

Details

Bareilly, India
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pranshi246@gmail.com

Links

[Linkedin](#)

Skills

Leadership and Teamwork

Critical thinking and
problem-solving

Fast Learner

Effective Time Management

Communication Skills

Leadership Skills

Interpersonal
Communication Skills

Empathy

Extra-curricular activities

**Ed Support Volunteer
at Make A Difference,
Dehradun**

MAY 2016 — JULY 2017

**Social service Volunteer
at Visionaries, Delhi**

MAY 2019

PROFILE

A value-driven professional who aspires to support individuals to cope with mental health issues to live a more purposeful life. Experienced in providing clients with innovative treatment to navigate psychological struggles. Committed to serving as an ongoing support through evaluation, and implementation of treatment. Adept in assessing clients' mental and behavioral health, keeping progress records, and executing potent resolutions to problems. Committed to reinforcing positive feelings and behaviors in clients, thus helping them to lead healthier and happier lives.

EDUCATION

MA Applied Psychology, Amity University, Noida

AUGUST 2020 — JUNE 2022

Bachelors in Architecture, DIT University, Dehradun

JULY 2014 — JUNE 2019

Intermediate, Birla Balika Vidyapeeth, Pilani

JULY 2012 — JUNE 2014

High School, All Saint's College, Nainital

JUNE 2008 — MAY 2014

EMPLOYMENT HISTORY

Counselling Psychologist at YourDOST, Remote

JANUARY 2024 — PRESENT

- Conducted over 500 individual chat, audio and Video-based counseling sessions that resulted in a decrease in patient distress symptoms.
- Provided immediate support to individuals in distress by taking up helpline calls, offering timely assistance and guidance during critical moments of need.
- Participated in ongoing training and professional development activities to stay updated on the latest therapeutic techniques and best practices.
- Maintained accurate and comprehensive documentation of client progress and treatment plans.
- Provided support and guidance to individuals on the Rummy Circle platform, assisting them in understanding and managing the impact of excessive gaming habits on their mental health.

Counselling Psychologist at Now&Me, Remote

MAY 2023 — JANUARY 2024

- Conducted over 500 individual chat, audio and Video-based counseling sessions that resulted in a decrease in patient distress symptoms.
- Maintained accurate and comprehensive documentation of client progress and treatment plans.

Counselling Psychologist at Happitude Studio, New Delhi

OCTOBER 2022 — OCTOBER 2023

- Conducted over 500 individual and group counseling sessions to assess clients' needs, develop treatment plans, and provide therapeutic interventions that resulted in a decrease in patient distress symptoms.
- Implemented evidence-based therapeutic interventions that improved patient outcomes.
- Conducted training sessions for budding psychologists, resulting in an increase in engagement and knowledge retention.
- Conducted workshops and psycho-educational groups on topics such as stress management, self-esteem building, and communication skills.

INTERNSHIPS

Counselling Psychology Intern at Lissun, Gurgaon

JUNE 2022 — AUGUST 2023

- Observed IVF and Nephrology client's psychotherapy sessions.
- Prepared activity booklets for cognitive domains.

Counselling Psychology Intern at Cognizavest, Delhi

AUGUST 2021 — SEPTEMBER 2021

- Worked extensively on case history taking, Mental Status Examination, and psycho-education sessions and learned administering tests like Wechsler's Adult Intelligence scale.

Social Work Intern at We Avec U, Delhi

MAY 2021 — JULY 2021

- Conducted workshops on various topics like suicide, taboos, and mental health, for children from underprivileged backgrounds.

Art Therapy Intern at We Avec U, Delhi

FEBRUARY 2021 — MARCH 2021

- Conducted art therapy sessions for underprivileged individuals to address the emotional toll of the COVID-19 pandemic.

Psychology Intern at Youth for Mental Health, Delhi

MAY 2020 — JUNE 2020

- Participated in workshops, training sessions, and virtual field visits.
- Contribute to a Mental Health Project to design prevention and promotion Modules for specific Mental Health issues.
- Gained valuable insights and enhanced research skills, translating theoretical knowledge into practical applications.

CERTIFICATIONS

The Art and Science of Relationships: Understanding human needs

UNIVERSITY OF TORONTO — JULY 2021

Managing Mental Health during COVID-19

UNIVERSITY OF TORONTO — JUNE 2021

Grief Therapy

PSYCHOSHIKSHA — APRIL 2021

Cognitive Drill Therapy

COGNIZAVEST — MARCH 2021