

93natasha12@gmail.com

7009898572

Ludhiana, India 141001

Skills

- Behavior monitoring
- Conflict resolution
- Empathetic behaviour
- Rapport Building
- Active Listening
- Behavior Observation

Education And Training

06/2019

Master Of Arts:

Psychology

**Thapar Institute Of Engineering
And Technology**

Patiala

05/2017

Bachelor Of Arts:

Government College For Girls

Ludhiana

Ph.D. (Pursuing)

Psychology

CT University

Jagraon

Languages

English:

Advanced

Hindi :

Proficient

Punjabi:

Advanced

Natasha Garg

Summary

Empathetic and conscientious **Counseling Psychologist** committed to providing effective care and mental health education. Offering a patient-focused practice style that emphasizes active participation in the development of treatment plans of patients with Depression, Anxiety and Addiction problems. Successful in establishing rapport with patients while maintaining appropriate boundaries.

Monitored client progress through private counseling sessions.

Identified and diagnosed psychological, emotional and behavioral issues.

Experience

Jumping Minds - Counselling Psychologist

New Delhi , India

08/2023 – Present

- Provide therapy and counselling services through virtual means Like- Video Calls, Phone calls or even chat sessions.
- To help clients overcome challenges, manage their mental health & achieve personal growth.
- To understand people & cope with their thoughts, emotions & behaviours.
- Using different techniques Like- Therapy, counselling & assessments to support the clients.

Orison Multispeciality Hospital - Counselling Psychologist

Ludhiana , India

08/2020 – 05/2023

- Collected information necessary for psychological diagnosis by interviewing, observing and surveying patients.
- Developed individual courses of treatment for each patient by evaluating goals, mental health and practical conditions.
- Provided one-on-one guidance counseling on broad range of behavioral, emotional and psychological issues.
- Interviewed patients to obtain comprehensive medical histories.

Guru Nanak Khalsa College For Women - Psychology Teacher

Ludhiana , India

07/2019 - 04/2020

- Maintained complete and accurate classroom records, including attendance and grades.
- Took practical lectures which included administration and interpretation of various psychological tests.