



NIHARIKA
GUPTA

PROFILE

I am a multifaceted professional who seamlessly combines expertise in Hospitality management, along with product development and marketing with content creation and development.

Along with these skills and work experiences, I have been very much into Psychotherapy and have been certified to grow in the field as a psychotherapist counselor with the help of the vast learnings in different therapies and to help people heal.

With a strong educational foundation and a demonstrated ability to thrive in diverse roles, I bring forth a proactive approach to problem-solving, a keen eye for detail, and a strong commitment to achieving optimal results in every endeavor.

I am driven by a passion for continuous learning and leveraging my skills to help in sharing my contribution to meaningful organizational growth and individual well-being.

CONTACT

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HOBBIES

- Reading meaningful books
- Getting enrolled into skilled courses
- Listening to essential podcasts
- Working and helping in NGO
- Spiritual growth learnings

EDUCATION

- **Higher secondary: Aditya Academy Senior Secondary School (2015)- 70%**
- **Bachelors in Hospitality Management (BHM): SBIHM school of hospitality management (2020)- Grade 9.**
- **PG Diploma in Psychotherapy Counsellor- CSS Chennai (2019)**
- **MSC. In Clinical Psychology (2024)- Sunrise University- Rajasthan, Alwar under CIIS (Cognitive Institute of interdisciplinary Studies)**

WORK EXPERIENCE

- **HR/Front Office trainee (2018-2019) in -The Westin Kolkata**
- **Product Manager Trainee in BYJU'S (2020-2021)**
- **Content writer (2022-2023) in -Assigned (Pvt)**
- **Psychotherapist counsellor Trainee (2017-2018)**
- **Psychotherapist counsellor (2018 onwards)**
- **Psychotherapy Counsellor in Jindal Rajasthan (2018-2024)**
- **Voluntary Psychotherapist council Psychotherapist counsellor (2018 onwards till at present)**
- **Psychotherapist counselling for various different companies in the online mediums of apps and social media done as a freelancing project's done side by side (2018 onwards till at present).**

SKILLS

- **Project Management**
- **Efficient and hard working**
- **Strong decision-making power**
- **Complex problem solving**
- **MS Word and computer programming Knowledge**

Psychotherapy Counsellor Skills:

- **I deal with clients/ Patients with problems related to Panic attacks, Anxiety, relationship problems, Family problems, Trauma, Suicidal tendencies, Self-care, Body image, and self-conscious problems. Along with this, I have expertise in career guidance and also with jobs and cooperate pressure/Work life imbalances pressures.**
- **Therapies I mainly use while conducting my sessions:**
 1. **ACT (Acceptance & Commitment Therapy)**
 2. **CBT (Cognitive Behavioral Therapy)**
 3. **DBT (Dialectical behavior therapy)**
 4. **SBT (Solution focused brief therapy)**
 5. **TF (Trauma Focused)**

Along with my excellent presence of mind and my years of experience help clients to calm down and get their problems solved in an ease and comforting environment.

My excellent reviews of my earlier clients have made me build up more confidence on my sessions.

