

# AGNIESZKA

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## OBJECTIVE

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Result-driven, detail-oriented Clinical Psychology graduate, seeking a position that will enable to use my practical experience along with logistic skills to achieve corporate development goals, long-term commitment, and year-on year growth

## EXPERIENCE & VOLUNTEERSHIP

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Nov 2022 to  
Present

### **Student Counsellor, *Manav Rachna International School***

- Working with students from Pre-primary to 12<sup>th</sup> towards their holistic wellbeing, career aspects as well as mental health concerns
- Aiding students with special needs such as Attention Deficit Hyperactivity Disorder, Specific Learning Disorder and Autism Spectrum Disorder
- Review information, collect and analyse data, and collaborate with educators, parents, and students to tailor and monitor interventions to meet the learning, behavioural, and/or social-emotional needs of students
- Providing counselling interventions to address the unique learning, behavioural, and social – emotional needs of students that adversely impact them within the school setting
- Plan and use appropriate instructional and learning strategies, activities and materials that reflect an understanding of the learning styles and needs of students assigned
- Designing and delivering classes and workshops on different Life Skills areas that helps the students with important tools for development
- Maintaining up to-date documentation

June 2021 to Oct 2022      **Counselling Psychologist, *Manas Foundation***

- Worked with women and children residing in custodial care homes who have experienced trauma with a history of sexual and physical violence, teenage pregnancy, abandonment, trafficking and family conflict
- Provided holistic care and ensuring successful rehabilitation which includes individual counselling, psychological assessment, crisis interventions, post restoration and family counselling
- Preventive and promotive work including workshops on mental health concerns and related emotions and behaviours, building life coping skills and preparing clients for successful reintegration with the goal of maintaining life-long mental wellbeing and positive relationships
- Took detailed notes on client's case history and progress and evaluating the same with implementing changes to therapy as and when required
- Took tele-counselling sessions on a 24\*7 national mental health helpline dealing with crisis interventions, psychological first aid, psychoeducating clients as well as providing counselling services
- Designed workshop modules and deliver the same that caters to the needs of different population ranging from children, adolescents, speech and hearing-impaired individuals
- Conduction and documentation of a wide range of psychometric assessments under extensive supervision
- Effectively managed OPD services along with providing adequate information pertaining to client which ensures successful and smooth delivery of status of the client
- Maintained up-to-date clinical documentation and MIS

June 2019 to July 2019      **Psychology Intern, *Hitaishi Happiness Homes***

- Assisted and consulted with supervisors while writing case briefs
- Maintained up-to date clinical documentation
- Participated in supervision and training with openness to learning
- Performed additional duties as and when required
- Monitored social media content to build engagement and followers

## EDUCATION

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| 2019-2021 | Master's in Clinical Psychology, <i>Amity University, Gurugram</i><br>9.05 CGPA<br>Relevant Coursework: Psychopathology, Psychotherapy, Behavioural Communication & Relationship management |
| 2016-2019 | Bachelor's in Clinical Psychology, <i>Amity University, Gurugram</i><br>7.59 CGPA<br>Relevant Coursework: Industrial Psychology, Behavioural Sciences, Corporate Communication              |
| 2014      | CBSE Board, Krishna Niketan, Patna, Bihar<br>84.9%  |
| 2012      | CBSE Board, Krishna Niketan, Patna, Bihar<br>10 CGPA  |

## CERTIFICATIONS

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Certificate of Participation in "Cognitive Drill Therapy Workshop" by Cognizavest  
Certificate for Volunteership for "Digital Mental Health Activism campaign" for Manostithi by Power Within  
Certificate of participation in "Mental Health Yatra 2020" by Kateel Ashok Pai Memorial Institute of Allied Health Sciences

## SKILLS

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Work prioritizing and ability to meet deadlines effectively  
Flexibility and adaptability to changes  
Responsible and value personal integrity  
Knowledge and skills in counselling practices and methods  
Ability to communicate orally and effectively, in person, by writing and by telephone