



# SHREYA GHOSH

## Counselling Psychologist

### My Contact

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### Interventions

- Case Management
- Individual counselling
- Behavior Management
- Life skills training
- Psycho-education
- Cognitive Behavior Therapy
- Dialectical Behavior Therapy
- Mindfulness Based Cognitive Therapy
- Online Counselling
- Expressive Arts
- Designing of Courses and Modules
- Designing and implementation of Awareness Programs

### Education Background

- Post post-graduation diploma in School Counselling from Calcutta University with 73% marks
- M.A in Psychology from Rajabazar Science College Under Calcutta University with 70% marks
- B.A in Psychology from Jogamaya Devi Girls College Under Calcutta University with 64% marks
- H.S from Binodini Girls High School With 82 % marks
- Secondary Examination from Binodini Girls High School with 81% marks

### Special Qualifications

- Specialization in Clinical Psychology
- Basic course in Graphology from Kolkata Graphological Institute

### About Me

I am a passionate Mental Health Professional working in this field for past 6 years and implicating a Holistic approach towards the clients. The intention of the therapy sessions is not only to get rid of the symptoms or overcome a crisis situation but rather it is to transform self and grow to their maximum potential. Each individual is unique therefore I implement eclectic psychotherapeutic techniques. With Client centered approach, empathetic listening and non- judgmental acceptance I try to build a safe space for the clients where they can grow in their cognitive, social, emotional and spiritual journey.

### Professional Experience

1. Presently working at Sri Healthcare-Research International (SHRI) as a Psychologist from July 2019
2. Continuing Private Practice since 2020

#### Domains Of Experience

- Child counselling
- Adolescents and Adult cases
- Issues of LGBTQ
- Mood disorders
- Anxiety issues
- Panic and Phobia
- Psychosomatic symptoms
- Relationship issues
- Anger Management
- Parenting skills
- Decision making
- Trauma Release
- Adjustment difficulties

#### Internship Experiences

- Internship as a School Counsellor at Binodini Girl's High School
- Internship at NRS Hospital
- Internship at ANTRA

### Soft Skill

- Rapport building
- Active listening
- Client centered approach
- Assertiveness
- Flexibility & Adaptability to unique needs of the clients
- Empathy
- Documentation