

Simone Novaes

Psychologist & Counselor

Summary

Highly motivated and experienced psychologist with a passion for helping individuals overcome challenges and achieve personal growth. Proven success in treating depression, anger management, relationship issues, and promoting goal setting and work-life balance. Adept at tailoring therapeutic approaches to individual needs and fostering positive change. Fluent in [Languages].

Qualifications

- Master of Arts (M.A.) in Psychology - MG Kashi Vidyapeeth (2016)
- Bachelor of Science (B.Sc.) in Human Resources Management - Sao Paulo University, Brazil (2008)

Experience

Psychologist & Counselor (2017 - Present)

- **Independent Practice - India & Brazil (Online & Face-to-Face)**
 - Provided individual therapy for over 100 clients, addressing a range of concerns including:
 - Depression
 - Anger Management
 - Relationship Issues
 - Goal Setting
 - Professional Work-Life Balance
 - Utilized evidence-based therapeutic approaches such as Cognitive Behavioral Therapy (CBT) and Solution-Focused Therapy.
 - Developed strong interpersonal and communication skills to build rapport and trust with clients.
 - Conducted assessments to accurately diagnose and develop personalized treatment plans.
 - Monitored progress and made adjustments to therapy as needed.

- Maintained ethical and professional standards in accordance with psychological practice guidelines.

Additional Skills

- Proficiency in psychological assessment tools
- Crisis intervention training (optional, if applicable)
- Cultural competency (optional, if applicable)
- Strong computer skills, including proficiency in electronic health records (EHR) systems (optional)