



OBJECTIVE

As a certified Rehabilitation Counselor, Psychotherapist and SEL Master Trainer, I look forward to working with Organizations and Institutions that are aligned to the cause of psychological wellbeing.

I believe in promoting psycho social competence through a well-crafted Intervention Program to include Mental Health Education, Life Skills Training, Assessment, Guidance, Counseling and Therapy.

My aim is to assist in building a culture conducive to sound mental health and achievement of self-actualization for all stakeholders in the setting I become a part of.

PERSONAL DETAILS

Date of birth: 09 Sep 1982
Age: 41 Yrs
Email id: swati.converse@gmail.com
Contact no: +91-9205567966
Spouse's Name: Col Atul Nayyar
Spouse's Occupation: Army Officer

EDUCATIONAL QUALIFICATION

| Exam | Subject | Year | Affiliation/ University | Remarks |
|---|--|-----------|---|-----------------------------------|
| MA Psychology | Counseling Psychology | Dec, 2023 | IGNOU | Distinction |
| Advanced Diploma in Child Guidance and Counseling | Developmental Psychology, Exceptional Variations, Assessment and Interventions | 2019 | Rehabilitation Council of India/ GGSIPU | CGPA- 9, 1 st position |
| B.Ed | Mathematics, English | 2010 | Maharishi Dayanand University | 75.4%, 1 st position |
| B.Tech | Computer Science | 2004 | Kurukshetra University | 73% |

EMPLOYMENT DETAILS

| Organization / Institute | Appointment | Role | Period |
|---|--|---|----------------------|
| Airforce Hospital , 15 Wing, Bareilly | Station Psychological Counselor | Counseling Intervention and Therapy for Serving Airforce Personnel and their families, to include Psycho-Neurosis cases, Substance Abuse cases and also individuals struggling with Existential issues | Sep 2023 - Till date |
| Independent Professional Practice | Rehabilitation Counselor and Psychotherapist | Couples and Families: Supportive Psychotherapy, Parent Child Interaction Therapy, Cognitive Behaviour Therapy | Mar 2021 - Till date |
| Konark Army Pre Primary School, Jodhpur | Principal | Curriculum Design, Parent Orientation, Teachers Training, Staff Recruitment, Budgeting and Policy Making | Jan 2022 – Mar 2023 |
| Bodhi International School, Jodhpur | School Counselor | Setting up and running School Mental Health Program to include creating safety nets through Life Skills training, Assessments, Counseling Interventions, Therapy and referrals; Drafting of School Inclusion Policy | Apr, 2022 – Feb 2023 |
| Nurture Fun School, Hisar | Preparatory Wing Coordinator | Planning and supervising Curricular and Co-Curricular Transaction; Designing Evaluation Rubrics and Continuous Development Program | Jul, 2016 – Mar 2018 |
| Nurture Fun School, Hisar | Parent Counselor | Parent Training and Orientation | Apr 2012 – Apr 2014 |
| CONVERSE (an entrepreneurial venture), IIT Kharagpur | Trainer and Coordinator | Imparting Business Communication and Interview skills, Training for Group Discussions and Soft Skills | Oct 2014 – Apr 2016 |
| Shaurya Army Pre School, Ranikhet | Principal | Curriculum Design, Parent Orientation, Teachers Training, | Aug 2010 – Mar 2011 |
| Infosys Technologies Ltd. , Pune | Senior Systems Engineer and Consultant | Team Leader | Apr 2007 – Apr 2010 |
| PATNI , Mumbai | Senior Software Engineer & SQA | Software Development, Testing, Deployment and Quality Analysis | Sep 2004 – Mar 2007 |

TRAININGS AND WORKSHOPS

- Four weeks Internship in **Existential Humanistic Therapy**, from **Mindlogs**, Noida, under Dr Sakshi, an affiliate member with American Psychological Association.
- Six weeks intensive training for **Master Trainer in Social Emotional Learning**, conducted by **MGIEP UNESCO**
- Five weeks course on **Positive Psychiatry and Mental Health** by University of Sydney through Coursera
- Two days CRE workshop on **Inclusion Through Sports** by RCI, in association with **Special Olympics Bharat**
- Three days CRE Workshop on **Social Communication Disorders, Diagnosis and Therapy** by RCI
- Two days CRE Workshop at **Amity University**, Noida - **Trauma Informed Care – Theory to Practice**
- Five days Workshop at Faculty of Development and Research, New Delhi – **Foundational Literacy & Numeracy - Monitoring and Evaluation**
- Four days webinar on **National Curriculum Framework** organised at **Faculty of Development and Research**, AWES Delhi

- Webinar on **NEP 2020: Inclusive Education Perspective** organised by **Army Institute of Education**, New Delhi
- Three days CRE Program - **Information and Communication Technology for Persons with Disability** by RCI
- Internship in **Expressive Arts Based Therapy** from Mental Health & Behavioral Science Dept, **Fortis Healthcare Ltd**
- **Fieldwork and Internship** assignments as part of the **Advanced Diploma in Child Guidance and Counselling**:
 - **Sardar Patel Vidyalyaya, New Delhi** –
 - Systemic understanding of School Ecosystem
 - Pre-Primary Methodologies
 - School Mental Health Program
 - **Khushi Rainbow Homes (Child Care Institute)** –
 - Understanding CCI from Child Rights perspective and Legal aspects including JJ ACT, POCSO ACT, RTE, PWD ACT
 - Play Therapy
 - Cognitive Behavioral Therapy and Supportive Counseling
 - **Indirapuram Public School, Ghaziabad**
 - Career profiling and counselling
 - **Clinic, NIPCCD- Child Guidance Centre & Adolescent Guidance Service Centre**
 - Assessment Interviews
 - Psychological Assessments
 - Educational Assessments
 - Diagnosis
 - Intervention and Counselling
 - **Sanskriti School, New Delhi - Internship**
 - Hands on Experience at Primary, Secondary and Tertiary levels of School Mental Health Program across Mainstream, Inclusive, NIOS and Vocational set ups
 - Included diagnosis, counselling, therapy and training
- **Advanced workshop for Principals and Teachers** at Army Pre Primary School, Lucknow
- **MacMillan Workshop** for Pre Primary Methodologies, Hisar
- **PATNI Training** for
 - Business Communication and Soft skills
 - Leadership
 - Business Models – Annuities and Life Insurance

INTERESTS AND INITIATIVES

- Participated in **TOI Teach India Campaign** for suburban children.
- Volunteered as **Language Trainer in PRATYeK**, New Delhi. It is an NGO associated with NinelsMine campaign and prepares marginalized children for self advocacy of Rights.
- By virtue of being an Army wife, I continue to have this rare privilege of being in constant touch with a heterogeneous group of individuals with varying ambitions and concerns. It has been a part and parcel of my duty to work towards the upliftment of families of troops. I have not only been involved but have also spearheaded various Training and Counseling initiatives as a member of Army Wives Welfare Association (AWWA) and as President, Family Welfare Association, of our regiment in Jodhpur, where I executed a **Comprehensive Child Care Program** for the children of troops covering all domains of development and a Women Entrepreneurship Program.
- It is my forte to weave in my learning and experience into executable **Training Modules and Engagement based programs**.
- While **Converse** is my first self designed methodology to impart **language training to adult first generation learners**, **Kaleidoscope**, School Annual Fest at KAPPS is the most recent execution of **Skills Identification and Enrichment** for very young learners based on **Learning Styles and Multiple Intelligences Model**.
- I am an **avid reader** of Philosophy, Psychology and Biographies. And as much as I like to read and assimilate, I like to write and express.
- I am a **fitness enthusiast** and indulge in sports and workout for body and mind including Swimming, Badminton, Yoga and Meditation