

ANVEEKSHA SINGH

COUNSELLING PSYCHOLOGIST

Contact

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OBJECTIVE

Devoted counselling psychologist with a history of offering clients cutting edge therapy to deal with psychological challenges and transition to more fulfilling lives. Looking to apply my skills to help more people in a dynamic setting.

SKILLS

- Microsoft Office
- English Proficiency (Written & Spoken)
- Hindi Proficiency (Written & Spoken)
- Multitasking & time management
- Critical and Creative Thinking skills
- Strategic Thinking and Planning
- Ability to work under pressure
- Interpersonal skills
- Teamwork and Collaboration
- Excellent Communication skills
- Cognitive Behavioural Therapy
- Solution Focussed Brief Therapy
- Rational Emotive Behaviour Therapy
- Cognitive Processing Therapy

HOBBIES :

- Gymming
- Weight Training
- Reading
- Travelling
- Researching new cultures
- Listening music
- Networking

WORK EXPERIENCE & INTERNSHIPS

09/2023 till date: PSYCHOLOGIST AT THE HEALTHY NUDGE

- Conducting online therapy sessions
- Conducting psychological assessments
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09/2021 till date : FREELANCE MENTAL HEALTH AND CAREER COUNSELLOR

- Conducting therapy sessions
- Conducting career counselling and coaching sessions

01/2022 – 02/2022 : COGNIZAVEST INTERN & TRAINEE (60 HOURS)

- Clinical psychology internship and training which included case studies, and diagnoses from ICD10
- Thorough training of the diagnosis and intervention of Mental and Behavioural disorders, mentioned in ICD10

10/2020 – 12/2020 : DOON PSYCHOTHERAPEUTIC CENTRE INTERN AND TRAINEE (240 HOURS)

- Client history taking and Mental Status Examination and reporting the same to the supervisor
- Discussed appropriate intervention
- Learned Art Therapy and how the intervention can help the client

07/2020 – 09/2020 : MY FIT BRAIN INTERN AND TRAINEE (120 HOURS)

- Worked as part of a team of psychologists, psychiatrists and mental health social workers
- Completed training under the supervision of a senior psychologist
- Handled client history taking and doing mental status examination and reporting the same to the assigned psychologist / psychiatrist
- Discussed the appropriate intervention for the diagnosis with the supervisor
- Training included introduction to therapies and intervention like CBT, SFBT, REBT, CPT.

01/2015 – 04/2016 : COUNSELLOR APNE AAP HUNAR SANSTHA

	<ul style="list-style-type: none"> • Communicated closely with other counsellors to devise programmes and activities based on developmental and academic levels • Guided clients in developing skills and strategies for dealing problems • Arranged and facilitated therapy sessions for women and children rescued by the organisation • Maintained confidentiality of records relating to clients' treatment • Offered guidance and advice to help cultivate self esteem and community involvement • Assessed student issues pertaining to depression, anxiety and physical abuse to resolve conflicts between students, peers and teachers <p>EDUCATION :</p> <p>04/2002 – 04/2016 : SCHOOLING FROM DELHI PUBLIC SCHOOL, R K PURAM, NEW DELHI</p> <p>07/2016 – 04/2019 : BACHELOR OF ARTS : PSYCHOLOGY, SHIVAJI UNIVERSITY, KOLHAPUR, MAHARASHTRA</p> <p>07/2019 – 04/2021 : MASTER OF ARTS: CLINICAL PSYCHOLOGY, SHIVAJI UNIVERSITY, KOLHAPUR, MAHARASHTRA</p> <p>05/2021 – 07/2021 : CERTIFICATION COURSE / TRAINING HUMAN RESOURCES MANAGEMENT – INTERNSHALA - ONLINE</p> <p>05/03/2023 – 26/03/2023 : CAREER COUNSELLING TRAINING PROGRAMME – CAREER CONNECTS PASSION</p>
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