

# Akanksha Jeph

## COUNSELLING PSYCHOLOGIST

Dedicated Counselling Psychologist with strong educational background and practical experience in the field in providing therapeutic support to individuals navigating various mental health challenges. Proficient in employing evidence-based approaches such as cognitive-behavioral therapy (CBT), mindfulness techniques, and Neuro-linguistic programming to facilitate positive change and personal growth. Strong communicator with a compassionate demeanor, committed to promoting mental well-being and facilitating the journey towards healing and self-discovery.



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110009



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### Skills

- Counselling
- Skilled in Intake Interviewing
- Verbal and Written Communication Skills
- Time Management
- Creative Problem Solving
- Critical Thinking
- Active Listening
- Positive psychology
- Group Counselling

### Work Experience

#### Psychologist- Physio Karma, New Delhi

##### November 2023- Present

- Provide counseling services at BM Gange School for school students, addressing a wide range of emotional and behavioral issues through individual and group counseling sessions..
- Collaborate with the special needs wing of the Airforce Golden Jubilee Institute to offer tailored support for students with diverse needs.
- Utilize neurofeedback techniques to enhance the well-being and cognitive development of children in both educational settings.
- Collaborate with school staff and parents to create effective intervention plans and support systems for students.
- Developed educational content for their website, focusing on mental health awareness.

## Work Experience

### **Mental health counsellor- private practice December 2022- Present**

- Conducted one-on-one counselling sessions with clients, fostering a safe and nonjudgmental environment for open dialogue and self-expression.
- Utilised active listening, empathy, and effective communication techniques to establish rapport, build trust, and facilitate meaningful therapeutic relationships.
- Collaborated with clients to set achievable goals and monitor progress, continuously adapting strategies to meet evolving therapeutic needs.
- Guided clients in developing coping skills, resilience, and effective problem-solving techniques to enhance their overall emotional wellness.

### **Internship at The Talking Minds, New Delhi 3 months**

- Consult and collaborate with instructors to develop treatment plans based on the patient's psychological problems.
- Evaluated patient's mental health through interviews, observations, and case histories.
- Provided therapies as per patient's needs and interests.
- Modified therapy plan based on patient's progress.
- Worked with other medical staff to coordinate patient care services.
- Explained patients and families about treatment procedures

## **Education History**

**1. B.Tech in Electronics and Communication**

**Maharaja Surajmal Institute of Technology**

**Graduated: 2020**

**2. MA in Psychology**

**IGNOU**

**2023**

**3. Post Graduate Diploma in Guidance and  
Counselling**

**Jamia Millia Islamia**

**In Progress: 2023-2024**