

**Mahima Sandhu**

**June 30, 1991**

**#6, Sector – 7, Panchkula, Haryana, 134109**

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### **Professional Synopsis**

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Seasoned and qualified Psychologist with proven experience in providing counselling services to institutional and individual clients for enhancing confidence, motivation, concentration and focus of prospects; appreciated for empathy, perseverance, analysis and communication. Eager to contribute my energy, ideas, and expertise to shape the future of higher education and enhance the overall student experience.

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### **Professional Experience**

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#### **Consulting Counsellor, *National Institute of Fashion Technology***

**2023 -Present**

##### **Key Responsibility Areas**

- Provide counseling services to students and faculty, addressing personal, academic, and career-related concerns.
- Conduct counseling sessions in individual, couple, and group settings.
- Collaborate with academic staff to enhance the overall well-being and mental health of students.
- Conduct workshops on stress management, self-care, and career planning for students.
- Support the academic and emotional needs of a diverse student population, fostering a positive and inclusive learning environment.

#### **Consulting Counsellor, *Winni.in***

**2021 - May 2022**

##### **Key Responsibility Areas**

- Conduct counseling in individual, couple or group settings, to employees from diverse cultural & social backgrounds
- Provide sustained interventions to help people to understand and develop positive relationships
- Manage group well-being while considering individual states of various stakeholders
- Conduct regular workshops on building win-win situations
- Document therapy in accordance with organization's policies and procedures for medical records; ensure adherence to policies which ensure client confidentiality
- Conduct psychological/psycho-diagnostic assessments

#### **Consulting Counsellor, *DAV Police Public School***

**2018 -2019**

##### **Key Responsibility Areas**

- Advise & guide students and their families across grades 6-8

- Provide counselling in individual, couple or group settings, to students and staff from a diverse cultural and social background.
- Provide professional and confidential counselling to students and staff, for a range of personal, social, professional, academic, career and financial concerns
- Monitor the student body and provide clinical assessment and initiate appropriate treatment or interventions for students with critical/life threatening psychological or psychiatric problems

**Consulting Counsellor, *University of the Fraser Valley, Chandigarh***

**2017 -2018**

**Key Responsibility Areas**

- Create effective support system around the diverse challenges students encounter during college
- Liaise with administrative and academic staff, in the resolution of student's psychological and academic problems
- Initiate, plan and lead workshops and psychotherapeutic programs for students and staff in response to identified needs in the University community
- Partner with faculty, department heads, students and families on students' success, growth and happiness
- Create the right platform for students to express their feelings and discuss what is happening in their lives, and help them to develop insight into themselves and their relationships
- Maintain familiarity with important programs and issues in the admissions and college counseling fields

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**Internship**

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**Intern Psychologist, *ISHH Guidance and Counselling Centre, Panchkula***

**2016**

- Comprehend case histories of patients for subsequent diagnosis
- Conduct mental status exam and psychological assessment (intelligence tests, personality test, performance test and projective techniques)
- Intervene at an early stage for assessing and correcting childhood disorders
- Deliver comprehensive feedback including treatment planning and referral out to appropriate services if required

**Intern Psychologist, *Unique Psychological Services, New Delhi***

**2014**

- Provide initial assessment, intervention and psychotherapy to clients with mental health and behavioral health needs
- Administer standardized screening tools to identify clients with behavioral health; understand and use 'Rational emotive behavior therapy' & 'Cognitive behavioral therapy'

**Intern Psychologist, Arya Hospital – A Neuropsychiatry Centre, Chandigarh**

**2012**

- Provide initial assessment and counselling to inpatients with psychiatric disorders; understand case history
- Facilitate family sessions in order to provide guidance and support to patients and family members

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**Education**

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- Master of Psychology
  - 2013-15
  - Amity University – 6.07 CGPA
- Bachelors of Art
  - 2010-13
  - Panjab University – 52%

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**Additional Information**

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**A. Certifications**

- EQ for Youth Programme
- Certified training in Career Counselling
- Certified by CHII for successfully accomplishing all 5 levels of Hypnotherapy
- Certified training in Rorschach and Inkblot Series
- Certified training in Assessment and Management of Intellectual Disability
- Certified training in Trauma and Grief Therapy
- Certified training in Queer Therapy

**B. Skills**

- **Functional**
  - Immense ability to assist clients with behavioural and developmental issues
  - Wide knowledge of clinical techniques and strategies
  - Sound knowledge of psychological theories and methods
- **Soft**
  - Strong Collaboration
  - Effective Communication
  - High Levels of Initiative & Energy