

# TIA VOHRA



## Psychologist / Counsellor

Experienced psychologist counselor providing therapy and counseling services. Empathetic, evidence-based approach to address emotional and mental health concerns. Committed to empowering clients in achieving personal well-being.

## CONTACT

✉ Address Sri Ganganagar, Rajasthan

☎ Phone +91 7891727772

📍 E-mail tiavohra12@gmail.com

## LANGUAGES

English: Read Write Speak

Hindi: Read Write Speak

Punjabi : Read Write Speak

## WORK EXPERIENCE

Aug – 2023  
– to till  
(Gurgaon)

### Orchid International School

School counselor

Tasks:

As a school counselor specializing in handling cases of autism, ADHD, and language delay, I focus on understanding each child's unique needs and strengths. My role involves creating tailored support plans, fostering a nurturing environment, and collaborating with educators and parents to ensure holistic development and academic success.

Nov -2022  
July 2023  
(Gurgaon)

### Emoneeds

Psychologist

Tasks:

Assess, diagnose, and treat individuals with mental, emotional, and behavioral challenges. Provide counseling, develop treatment plans, and implement evidence-based interventions. Strong communication, empathy, and ethical conduct. Continual professional development and cultural competence important.

May 2019 –  
July 2019  
(Bareilly)

### District Hospital

Internship

Tasks:

Conducting supervised psychological assessments. Assisting in therapy sessions and treatment planning. Observing and learning from experienced psychologists.

May 2018 –  
April 2019  
(Sriganganagar)

### Sihag Hospital

Clinical Psychiatrist

Tasks:

Assess, diagnose, and treat individuals with mental, emotional, and behavioral challenges. Provide counseling, develop treatment plans, and implement evidence-based interventions. Strong communication, empathy, and ethical conduct. Continual professional development

## EDUCATION

2019 - 2021 Master of Arts(M.A.) Clinical Psychology  
(BHU) *Banars Hindu University*

2015-2018 Bachelor of Arts (B.A.)Hons. Psychology  
GU , Greater noida *Galgotias University*

## SKILLS

---

- **Counseling and Therapy:** Proficient in providing individual and group therapy, employing various therapeutic approaches and techniques to address clients' needs effectively.
- **Assessment and Diagnosis:** Skilled in conducting comprehensive psychological assessments and diagnostic evaluations to determine clients' mental health status and formulate appropriate treatment plans.
- **Crisis Intervention:** Capable of managing and providing support during crisis situations, demonstrating strong crisis intervention skills to ensure the safety and well-being of clients.
- **Active Listening:** Possess exceptional active listening skills, allowing for a deep understanding of clients' concerns and fostering a supportive and nonjudgmental therapeutic environment.
- **Empathy and Compassion:** Display a high level of empathy and compassion, creating a safe and nurturing space for clients to explore their emotions, experiences, and challenges.
- **Cultural Competence:** Recognize and respect the diverse cultural backgrounds of clients, incorporating cultural sensitivity into counseling practices to ensure inclusive and effective therapeutic interventions.
- **Treatment Planning:** Proficient in developing personalized treatment plans based on clients' specific needs, setting goals, and selecting appropriate therapeutic interventions for optimal outcomes.
- **Communication Skills:** Demonstrate excellent verbal and written communication skills, allowing for effective collaboration with clients, colleagues, and other healthcare professionals.
- **Ethics and Confidentiality:** Adhere to ethical guidelines and maintain strict confidentiality to ensure the privacy and trust of clients.
- **Self-Care and Resilience:** Emphasize self-care practices to maintain personal well-being and resilience while providing counseling services, ensuring the ability to support clients effectively over time.

## STRENGTH

---

- **Empathy:** Demonstrating deep empathy and compassion for clients, fostering a safe and nonjudgmental therapeutic environment.
- **Active Listening:** Attentively listening to clients' concerns, promoting effective communication and rapport building.
- **Assessment and Diagnosis:** Proficient in conducting comprehensive assessments and formulating accurate diagnoses.
- **Therapeutic Interventions:** Skilled in implementing evidence-based techniques to address clients' needs and facilitate positive change.
- **Cultural Competence:** Recognizing and respecting diverse backgrounds, incorporating cultural sensitivity into counseling practices.
- **Problem-Solving:** Utilizing critical thinking to assess complex situations and develop effective strategies.
- **Communication Skills:** Excelling in verbal and written communication with clients and colleagues.