

Chhavi Jagotta

Counselling Psychologist

**Details: -**

HNo. 586, Sector – 31, Gurgaon, Haryana, India. 122001

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About me: -

I am a Counselling Psychologist with working experiences of 2 years now, open to providing counselling services for clients and experiencing new milestones with your organization. I am creative and sharp-minded with leadership and time-management skills and a work – ethic.

Language: -

English, Hindi and Punjabi

Skills: -

- Dedicated to ensuring the well-being of clients.
- Planning client-centric treatment plans.
- Communication skills.
- Time-management skills.
- Leadership and multitasking.

Marital status: -

Single

Work experience: -

Rocket Health, (Online) – Counselling Psychologist

August 2022 - Present

- Provided counselling services to a diverse population of clients.
- Developed individualised treatment plans to address a broad range of mental health concerns like anxiety, depression, phobias, and relationship concerns.
- Conducted support groups in the Discord community.
- Content creation (reels) for Instagram and YouTube.

Talk to Angel (Online) - Counselling Psychologist

August 2022 - Present

- Provided counselling services to a diverse population of clients.
- Developed individualised treatment plans to address a broad range of mental health concerns like anxiety, stress management, and personal growth.

Manastha, (Online) – Trainee, Counselling Psychologist

May 2021 - July 2021

- Provided counselling services to a diverse population of clients.
- Training - 2 weeks program in building client rapport.

Education:-

M.Sc. in Clinical Psychology

Amity University Haryana

2019 – 2021

B.A. in Applied Psychology

Amity University Haryana

2016 – 2019

Class XIIth

D.A.V. Public School, Sector-14, Gurgaon

CBSE board, Completed 2016

Class Xth

D.A.V. Public School, Sector-14, Gurgaon

CBSE board, Completed 2014

Training and Internship experiences:-

1. One-month certification in 'How to take therapy session?' – **The PsyK- Life**
2. Three-month certification in Trauma and Grief Therapy – **The PsyK – Life**

3. Overcoming overthinking – **The PsyK – Life**
 4. Three days online courses Rorschach Inkblot Test - **Fortis National Mental Health Program** (July 2021)
 5. One month internship in Clinical Psychology - **Fortis Memorial Research Institute** (July 2021)
 6. Three-day online course in Sports Psychology - **Fortis National Mental Health Program** (June 2021)
 7. Three-day online course in Art Therapy • **Fortis National Mental Health Program** (June 2021)
 8. Three-day online course in Special Education • **Fortis National Mental Health Program (May 2021)**
 9. One month Internship in Rehabilitation Psychology • **Psych-Vigyaan (May 2021)**
 10. One month Internship in Criminal Psychology • **Psych-Vigyaan (May 2020)**
 11. One month Internship in Clinical Psychology • **Manthan Clinic (December 2019)**
 12. One month internship in Clinical Psychology • **Fortis Memorial Research Institute (May 2019)**
 13. One month internship in Clinical Psychology • **Fortis Memorial Research Institute (May 2018)**
 14. Internship in Clinical Psychology • **Medanta – The Medicity (May 2017)**
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Industrial Visits:

California Hypnosis Institute:

- Signature Analysis
- Handwriting Analysis
- Pendulum dowsing
- Chakra healing

Citizen Hospital, Gurugram:

- Developed observation skills.
- Gained knowledge about psychoeducation and therapy.
- Learning about case-history

Hobbies and Interests: - Painting, dancing, mandala art, playing badminton, cooking and baking cakes

Salary expected: - Negotiable