

## PROFILE

Passionate counseling psychologist with robust academic background and practical expertise from freelance work. Conducted counseling sessions under licensed clinical psychologist's supervision, fostering safe, empathetic environments for clients. Proficient in active listening, ethical practice, and evidence-based therapeutic techniques. Committed to personal growth and enhancing emotional well-being. Eager to apply skills in supporting individuals on their path to improved mental health.

## CONTACT

PHONE:  
9971729834

LINKEDIN:  
<https://www.linkedin.com/in/jyoti-singh-16b55954>

EMAIL:  
Jyotisingh.singh88@gmail.com

## ACTIVITIES AND INTERESTS

Reading books  
cooking  
Tv series  
k-drama

# JYOTI SINGH

## WORK EXPERIENCE

---

### Ultimate Hope

**December 2023 – currently working**

#### Content Writer

Did content writing for YouTube scripts, working on the outline and detail required in a webinar and workshop. Planned a whole one and two-day workshop for corporates. Made different webinar presentations exploring various topics like inclusion, diversity, detoxification, social media addiction, stress management in leadership, gender intelligence, microaggression, why fit in and many more.

### Psych Vigyaan

**September 2022– November 2022**

#### Intern

Worked under the supervision of Dr. Priyanka (clinical psychologist) and visited the Juvenile Justice Board (JJB) to understand juvenile delinquents' psychology.

### Defence Institute of Psychological Research (DIPR)- DRDO

**June 2022–August 2022**

#### Research Intern

Completed research under the supervision of the Scientist Dr. Ravinder Yadav.

### 1 Wellness Clinic, Gurugram

**February 2022–May 2022**

#### Intern

Completed clinical exposure under the guidance of Dr. Priyanka Goswami. The internship consists of an introduction to psychological and behavioral disorders covered in DSM and ICD. The cases, the approach to handling clients, and maintaining professional boundaries and ethics.

### LUDIFU, virtual

**October 2020– November 2020**

#### HR Manager

Hired as HR manager, was responsible for diving the work among the team members and completing.

### Youth India Foundation

**December 2020– January 2021**

All societies' marketing head

Had the position of all societies marketing head, the responsibility was to monitor the media handle of all societies and make sure what kind of content was being uploaded on the media handle.

## EDUCATION

---

**AMITY UNIVERSITY, Haryana**

- M.A. in Counseling Psychology, completed in the year 2023.
- CGPA (8.16/10)

**Manav Rachna International Institute Research and Studies, Faridabad, Haryana**

- B.Sc. (Hons) Applied Psychology, completed in the year 2021
- CGPA (6.94/10)

**DAV Centenary Public School, Ghaziabad, UP**

- XII (PCM), finished in 2018
- Percentage: 62.4%

**Universal Public School, Preet Vihar, Delhi**

- X, finished in 2015
- CGPA (06.1/10)

**CERTIFICATION**

---

- Positive Psychology, Guidance City, September 2019
- Cognitive Behavioral Therapy (CBT), Udemy, August 2020
- Psycho-Oncology, Psych Corner, August 2021

**POSITION OF RESPONSIBILITY**

---

- Acted as workshop manager, and conducted various workshops in the college department, art therapy workshop, and organized open mic within the department.
- Conducted the Awareness Talk about the ill effects of Tobacco in the village of Haryana among the geriatric population.
- Successfully led full-day corporate mental health workshop, incorporating engaging activities, tailored worksheets, and relaxation techniques. Strategically designed to deepen participants' understanding of mental health. Curated self-reflection activities to foster personal insight.
- I curated a selection of distinct activities centered on mindfulness and self-reflection, intended for utilization in both webinar and workshop settings. These activities were meticulously crafted to cater to the diverse needs of participants, fostering engagement and facilitating meaningful introspection across various platforms.