

SOMYA VERMA

COUNSELLING PSYCHOLOGIST, WRITER.

Compassionate, understanding, and friendly demeanor when working with challenging clients in any situation. Knowledgeable in behavioral monitoring, psychological testing, research methods, rehabilitation techniques, and psychometrics. Good writing skills for various psychology-related articles, blogs and books.

PROFESSIONAL ACHIEVEMENTS

COUNSELLING SKILLS

[C.R.I.S.P.]

RATIONAL EMOTIVE BEHAVIOUR THERAPY

[R.I.M.H.A.S.]

DIAGNOSTIC ASSESSMENT AND INTERVENTION STRATEGIES FOR DEVELOPMENTAL DISORDERS AND DIFFERENTLY ABLED

[I.E.H.E.]

TEST CONSTRUCTION AND STANDARDIZATION

[I.E.H.E.]

NATIONAL CHILD PSYCHIATRY CONFERENCE

[C.M.E.]

MASTERING YOUR MIND FOR SUCCESS AT WORK AND HOME

[Banaras Hindu University]

3RD INTERNATIONAL CONFERENCE: FUTURE FOR MENTAL HEALTH: IMPORTANCE OF INTEGRATED APPROACH

[Anugraha Institute of Social Sciences]

RESEARCH METHODOLOGY, STATISTICAL DATA ANALYSIS AND INTERPRETATION (BY USING S.P.S.S. AND AM.O.S.)

[Institute for Statistics and Analytical Research]

WORK HISTORY

Counsellor for Learning Disabilities

Nidaan Institute of Rehabilitation and Training, Bhopal (M.P.)

Achievements/Tasks

Helping identify particular areas of difficulty in learning.]

Developing basic skills in children with special needs.

Develop specialised learning plans and strategies, in order to adjust learning and education strategies to best fit the strengths and accommodate for areas of weaknesses of the client.

Counselling for parents of children with special needs.

Contact:

Ms. Kala Mohan

Health Counsellor

J. P. Hospital, Bhopal, (M.P.)

Achievements/Tasks

Providing clients with the tools and motivation necessary to accomplish their emotional and physical health goals.

Helping client to change unhealthy behaviors by teaching how to listen to one's subconscious, discover inner strengths and achieve short-term and long-term goals.

Contact:

Ms. Bhoomika Naagle

Relationship Counsellor

Psycafe, Chennai (Tamil Nadu)

Achievements/Tasks

Conducting psychological and career assessments, counselling session, organizing internship programs, organizing workshop, conducting workshops for relationship enhancement and mental health assessment.

Contact:

Dr. Sangeetha Makesh

EDUCATION

M. Phil. in Psychology

Madras School of Social Work (University of Madras), CHENNAI

2018 – 2019

Chennai, Tamil Nadu

Master of Arts in Psychology

Banaras Hindu University, VARANASI

2016 – 2018

Varanasi, Uttar Pradesh

Diploma in Counselling Psychology

Institute for Excellence in Higher Education (Barkatullah University), BHOPAL

2014 – 2015

Bhopal, Madhya Pradesh

Bachelor of Arts in Psychology

Institute for Excellence in Higher Education (Barkatullah University), BHOPAL

2013 – 2016

Bhopal, Madhya Pradesh

SKILLS

Excelling listening, observation and communication skills.

Understanding of client confidentiality and professional boundaries.

Ability to practice with a non-judgemental approach with the client's problems.

Flexible writing skills and sharp eye for details.

Ability to meet tight deadlines and work with subject matter experts, adapting their knowledge into stories, articles, summaries and writ-ups.

LANGUAGES

Hindi

Full Professional Proficiency

English

Full Professional Proficiency

INTERESTS

Writing

Singing and Playing Guitar

Reading

REFERENCES

Dr. Vyjyantimala

H.O.D.

Madras School of Social
Work

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Dr. Sangeetha Makesh

Relationship Counsellor

Psycafe, Counselling Center

mailsangs@gmail.com

Dr. Kalyani Kenneth

Professor

Madras School of Social

Work

kalyanikenneth@gmail.com