

Professional Summary

Mental Health Counsellor experienced in working with children and adults. Compassionate, solutions-oriented with a passion for helping children and families build healthy and sustainable family systems.

Committed to building trusting relationships and creating effective treatment plans to facilitate awareness, growth and change.

Known for strong communication, active listening and conflict resolution skills.

Skills

- Case documentation.
- Building rapport with clients.
- Facilitating counselling sessions.
- Psychosocial assessment.
- Treatment planning.
- Relationship issues.
- Cognitive Behavioural Therapy (CBT) for anxiety and depression
- Stress management
- Therapy techniques including Exposure and response prevention, mindfulness.

Languages

English

Marathi

Hindi

Work History Summary

| Dr. Shailesh Umate Sir Consulting psychiatrist- Thane | |
|---|------------------|
| Working as Counsellor | Since April 2018 |
| <ul style="list-style-type: none">• Interviewed, observed, and surveyed patients in order to gain necessary information for psychological diagnosis. (History taking session and report writing.)• Evaluated patients' goals, as well as mental and practical conditions, to develop individualized courses of treatment.• Managed private practice of 4-5 clients per week.• Performed client assessments and developed treatment plans.• Listened to patients' concerns, instructed on stress-management techniques, adjustment strategies for life changes, how to live normal lives and ways to improve relationships.• Observed individuals and groups to assess, evaluate and predict behaviours.• Met regularly with other counsellors to assess individual cases and coordinate counselling services.• Consulted with patients on issues pertaining to relationship issues, substance abuse, career and other problems.• Documented client progress in confidential files.• Used therapeutic communication techniques to build rapport and guide discussion with patients. | |

| Growth Centre India Private Limited | |
|--|--------------------------|
| Worked as Career Counsellor | June 2017- February 2018 |
| <ul style="list-style-type: none">• Met with parents to resolve conflicting educational priorities and issues.• Counselled clients one-on-one regarding current situation, desires, aptitudes, education and employment history.• Helped determine possible vocations and build application documents.• Administered tests including intelligence, aptitude, interest and personality assessments.• Connected with business and recruiters to build relationships and increase opportunities for students. | |

Internships

- February 2017- March 2017, **Aptitude testing and career counselling** on group of 15 students at KVO classes Dombivali.
- January 2017, College internship in '**Aai Vrudhhashram**'.
- November 2016 ,Observership in **alcoholic anonymous center**, Dombivali
- October 2016, College internship with "**St. Joseph School, Dombivali**."
- December, 2015- February 2016, **Conducted workshop on Life Skills Training Program coping with emotions** in K.V. Pendharkar college dombivli. (By Urivi vikram charitable trust).

Education Summary

| Stream | Year of Passing | University/ Board | Percentage |
|-----------------------------------|-----------------|-------------------|------------|
| Masters in counselling psychology | 2016-2017 | Mumbai University | CGPA 5.00 |
| TYBA (psychology) | 2014-15 | Mumbai University | 69% |
| H.S.C | 2011-12 | Maharashtra Board | 68% |
| S.S.C | 2009-10 | Maharashtra Board | 89.82% |

Certifications

- 1 day certificate course in **'Frontiers in Mental Health'** workshop by IPH,Thane. (Year 2014)
- 1 day workshop by Dr. Prachi Kene on **Behavioural psychotherapy** in Ruparel college.(Year 2016)
- 10 days skill training workshop on **'Advanced skills in counseling'** by IPH, Thane. (Year 2017)
- 5 days skill training workshop on **'Child psychometry'- weschler intelligence scale for children (WISC IV)** by IPH, Thane. (Year 2017)
- 2 days skill training workshop on **'Application of TAT, CAT & SCT in counselling'** -by IPH, Thane. (Year 2017)
- 1 day workshop one **'History taking and mental status examination'** by Dr. Avinash Desousa-Desousa foundation. (Year 2018)
- 3 days skill training workshop on **'Application of behaviour therapy principles for adults and children'**--by IPH, Thane. (Year 2019)

Declaration

I hereby acknowledge that all the information given above is true to the best of my knowledge & Experience.

-Miss Isha Thorve