

**Kriti Pahuja**

Phone: 9004555650

E-mail: kriti.pahuj@gmail.com

Permanent Address: Utopia-Garden Grove phase 2,  
Borivali west  
Mumbai -400092

**Career Objective**

To engage in individual sessions with patience and tolerance to work with clients in their distress and encourage them towards personal growth. Promote mental health and facilitate self-awareness and interpersonal functioning.

**Education Background**

2016- 2018- M.Sc. Psychological Counseling  
Sampurna Montfort College,  
Bangalore University

2015-2016- B.A Psychology  
Final year KC College,  
Affiliated to Mumbai University

2013-2015- B.A  
Jai Hind College,  
Affiliated to Mumbai University

2011-2013- HSC  
Mithibai College,  
Affiliated to Mumbai University

**Experience****NOVA Pulse IVF Clinic, Andheri (Mumbai)****December 2018 – March 2019**

I worked at NOVA as a counselor. My job role included counseling clients going through the IVF procedure & be a part and as a support system through their journey. My client's age varied from 25 years to 42 years of age. Thus, giving me the comfort & experience to work with a diverse clientele. In order to help my clients feel secure & calm, I practiced guided imagery, JPMR, basic breathing exercises, CBT & Gestalt therapy. I initiated and conducted a session on Art based Therapy for all employees at the clinic. As a counselor, I always practice and believe in being authentic, empathetic, being a good/attentive listener & accepting of my clients. Following up with clients & understanding their

wellbeing post procedure was an essential as a counselor. My experience at NOVA taught me to work effectively under high pressure & high stress jobs.

### **Practicum in Psychological Counselling**

#### **180 hours during second year of Masters**

I got the opportunity to work as a trainee counsellor where I gained practical knowledge of the counselling process. I conducted Individual sessions where I was able to address concerns related to academics, relationships, family dynamics and self-growth. I have had the opportunity to work with individuals of different age groups, ranging from 8 years to 26 years.

### **Workshops**

#### **During second semester of Masters**

I was fortunate to conduct skillful workshop on “Interpersonal Relationships” in schools and colleges of Bangalore like Army Public School, Airforce School ASTE, Shree Mangilal Sunderebai Gotawat Jain Arts & Commerce Degree College and MEI Polytechnic College respectively.

### **Graphology**

I was fortunate to analyse handwritings of the contestants of Clean & Clear Bombay Times Fresh Face 2014. I got this opportunity through World School of Handwriting.

I also got a chance to analyse handwritings during Jai Hind’s Psychology fest- Psyc Insight’14

### **Skills**

Strong interpersonal and observational skills, ability to see client’s issues from multi-dimensional perspective, compassionate, empathetic, dedicated to providing exceptional care for individuals.

### **Personal Details**

DOB : 6th January 1996

Languages known: English, Hindi, Gujrati, Sindhi, Marathi (amateur).