

# Miloni Sanghvi

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## Objective

I am writing to express my interest in a psychology or counselling-related position. I hold an undergraduate degree in BSc Psychology (Honours) from University College London. I have completed my doctoral training for the DPsych in Counselling Psychology at Regent's University London. I have just completed passed my viva exam, and I am awaiting the doctoral degree.

## Clinical Experience

### **Student Mentor, University College London**

**Sept-Dec 2011; Sept 2015-May 2016**

- Speaking to students about university experiences, being available to answer questions, guiding students in challenging times and helping/teaching them to cope with assignments and deadlines.
- Helping university students with specific disabilities with motivational factors and coping strategies during their studies.

### **Assistant Psychologist, Sickle Cell and Thalassaemia Centre, London (NHS)**

**December 2012-June 2013**

- Sitting in for client observations. Clients range from adolescents to elderly patients with sickle cell anaemia and thalassaemia.
- Writing client reports and referrals to onward services as required.
- Collecting data and feedback from clients; administering and scoring psychometric measures, assisting service evaluations, creating databases and entering/analysing data.
- Attending multidisciplinary meetings at the hospital to discuss patient care with other health professionals, and devise holistic treatment plans.

### **Support Worker, National Autistic Society, London**

**January 2014- June 2014**

- Actively supporting the adults with autism to experience life opportunities which promote maximising potential and betterment of quality of life- in individuals' personal homes and at the day care centre.
- Maintaining regular and appropriate records and reports as directed, e.g. medical reports.
- Assist in devising individualised programs of leisure, education and social opportunities; taking a pro-active role in designing, implementing and reviewing individualised support and care plans.

### **Trainee Counselling Psychologist, Brocklebank Health Centre, London (NHS)**

**May 2014- August 2016**

- Meeting 1:1 with individual (adult) clients and providing counselling at a primary health care setting; working with a range of presenting issues and diagnoses including depression, anxiety, OCD, social anxiety, abuse and trauma.
- Helping clients better understand themselves and their distress in a safe and non-judgmental space.
- Typically, 8-12 sessions offered to clients referred to the service.

### **Psychologist, Regent's Counselling Service (RUL), London**

**September 2015- July 2016**

- Supporting university students 1:1 on a weekly basis, often discussing the theme of transitions and individual development.
- Discussing appropriate care plans, interventions and feedback in weekly supervision for clients' further development, and enhancement of the therapeutic work.

### **Volunteer Counsellor, Place2Be, London**

**September 2015- July 2016**

- Working with adolescents in schools, providing them with the opportunity to be heard and to express their feelings (often through play and art).
- Long-term 1:1 sessions held with young teenagers in schools, typically running the course of the academic year.
- Counsellors contribute to the School Project Manager's report writing and case discussions.
- Regular supervision, tailored training workshops and ongoing training and CPD workshops offered on-site and at the Place2Be office.

**Counsellor, Royal Academy of Dramatic Art (RADA), London****September 2016- September 2017**

- Supporting drama and theatre students in 1:1 on a weekly basis, using a range of therapies including Compassion Focused Therapy, art and drama therapy, CBT and psychodynamic approaches.
- Using supervision to discuss individualised treatment plans including the best approach to counselling.
- Leading discussions in team meetings on several topical issues, and conducting a workshop of 'Diversity in the Workplace' for university staff.

**Trainee Counselling Psychologist, SLaM, London (NHS)****September 2016- September 2017**

- Providing 1:1 counselling sessions and CBT sessions to clients referred to the centre.
- Record-keeping, including the write-up of session/process notes, client letters and reports.
- Attending regular supervision with clinical and counselling psychologists.

**Practitioner Psychologist, Private Practice, Antwerp****October 2017- Current**

- Private clinical practice using an integrated approach.
- Utilising a collaborative approach with the client; drawing upon a variety of therapeutic modalities to create an individualised formulation and treatment plan for each client.
- Attending regular supervision, and continued training in third-wave behavioural, psychodynamic and existential approaches.

**Education**

Antwerp British School (ABS)

1996-2005

Antwerp International School (AIS)

2005-2010

**International Baccalaureate, AIS****July, 2010****BSc Psychology (Honours), University College London****August, 2013****DPsych Counselling Psychology, Regent's University London (RUL)****September 2014-2018****Volunteering**

Vatsalya Orphanage, Mumbai

October 2009

Alzheimer's Society, UK

November 2013- June 2014

**Skills**

- Familiarity in working in various settings: clinics, hospitals, schools, universities and clients in the community
- Speaking various languages including English, Gujarati, Hindi, Urdu and basic Spanish and French
- Proficiency in Microsoft Office and record-keeping databases (e.g. IAPTUS)