**ASHIMA AGGARWAL**

**Phn. 9999029273**

**E – MAIL:** [**aggarwalashima96@gmail.com**](mailto:aggarwalashima96@gmail.com)

Counseling psychologist with strong specific and transferrable skills acquired from academic and extra-curricular experience such as organizing and managing an event, with a strong affinity to being punctual and meeting deadlines. A highly motivated and enthusiastic individual, proficiently bilingual in English and Hindi. A firm believer of personal therapy and supervision to enhance the quality of work and provide better services to the clients.

**EDUCATION AND QUALIFICATIONS**

* **June 2017 – April 2019**

**Christ University, Bangalore**

M.Sc. Counseling Psychology

C.G.P.A - 3.2/4

* **July 2014 – June 2017**  
  **Amity University, Noida**  
  B.A. (hons.) Applied Psychology  
  C.G.P.A – 7.32/10
* **April 2013 - May 2014   
  D.L. D.A.V. Model School, Pitampura, Delhi**  
  Total percentage: 78 (best of 4)  
  **Stream: biology with math**
* **April 2011- March 2012  
  Queen Mary’s School, Rohini, Delhi  
  Central Board of Secondary Education**  
  C.G.P.A.: 9.8/10

**ADDITIONAL QUALIFICATIONS**

* **Certificate course in Communication Skills**

Amity University, 2014-2017

* **Certificate course in** B**ehavioral Skills**

Amity University, 2014-2017

* **Certificate course in Foreign business language (German)**

Amity University, 2014-2017

* **Certificate course in Play Therapy**

Headstreams and Snehadhara Foundation, 2017

**TRAININGS / WORKSHOPS**

* **Transformative Systemic Family Therapy**

Christ (Deemed to be University), India and Satir Institute of Psychotherapy, U.S.A

**WORK EXPERIENCE / INTERNSHIPS**

***May 2015 - June 2015. Internship at Summer Counseling Camp***

* Worked as an intern to the government E.V.G.C’s to career counsel, guide and direct school children of classes 9th to 12th standard, which required interacting and engaging with different children of different backgrounds and interests.

***June 2016 - July 2016.* *Internship at Institute Of Human Behavior and Allied Sciences (IHBAS)***

* Worked with psychiatrists at the Delhi mental hospitals to deal with patients having mental illness or psychological disturbances. Job duties included taking MSE, counseling families of the patients, interacting with patients admitted in the hospital along with the team of psychiatrist and clinical psychologists.

***December 2016 – December 2016. Internship at Zoom Insurance and Brokers***

* Worked with the Human Resource team of the company to enhance and optimize employee growth as well as achieve organizational profit. Also conducted employee satisfaction survey. Also, worked with Kailash satyarthi foundation in a pilot study on experiences of rapists and victims.

***April 2018 - May 2018. Internship at Delhi Commission for Protection of Child Rights (DCPCR)***

* Worked as both an office as well as field intern and carried out various projects, documentations and drives. Also, handled matters of different projects single handedly. Also accompanied the members on inspections in different schools and rescue homes.

***June 2018 - September 2018. Internship at Orchids Internal School, BTM, Bengaluru***

* Worked as a student counselor in an inclusive school. 100+ direct hours of handling students in one to one counseling as well as psycho-education. Dealt with academic, emotional, family, relationship, anger as well developmental issues like ADHD, Autism etc. Psychometric tests and report writing was also performed for students as and when required.

***December 2018 - March 2019. Internship at Sri Sai English High School, Adugodi, Bengaluru***

* Worked as a student counselor with 100+ hours of direct interaction with students in the form of one to one counseling as well as psycho-education. Undertook numerous cases in the areas of academics, relationship, substance use, family and anger. Also performed psychometric tests for students and undertook report writing.

***March 2019 - April 2019. Internship at BetterLyf, Delhi***

* Working as an intern counselor at an online counseling platform based in Delhi. Job duties include rapport building , information taking as well as assuring the clients by building a safe space and providing them with unconditional positive regard. It also includes content writing for the website.

***July 2019 - Current. School Counselor at Ryan International School, Rohini***

* Employed at Ryan International School as a school counselor. Job duties include assessing children with special needs, counseling students regarding different problems ranging from family, academics, adjustment etc, counseling parents, giving workshops and talks on topics like time management, safe touch, cyber bullying etc.

**PERSONAL SKILLS AND INTERESTS:**

* Excellent command over English language due to a key interest in reading and writing.
* High affinity to meeting deadlines, working calmly in chaotic situations, problem solving, patience and listening as well as a penchant for neatness, as a result of working in highly professional and demanding environments.
* Good computer skills including researching on internet, use of e-mail and adept at MS Word, MS Excel and SPSS.
* An environment enthusiast, who also enjoys watching movies, loves travelling and meeting new people.
* Knowledge of German language.
* Experienced to conduct quantitative research.