**GarvitaSingh**

**Psychologist/Counselor**

**garvitasinghpsychologist@gmail.com**

Mumbai

**9004953767**

**CareerObjective**:Psychologist/Counselor with 6 years of experience.Seeking to work with a

reputed organization where I can achieve new levels of competence and utilize my skills to

achieve organizational objectives.

**Area of Expertise:**

* Career Guidance through Career Maturity test
* Empathy criticalthinking, Problem solving&Decisionmaking.
* Marriage counseling
* Psychosocial assessment & interpretation through various psychological assessment

tools(Minnesotamultiphasepersonalityinventory,Rorschachinkblottest,Thematic Appreciationtest)

* Sentence completion test, Stanford binet intelligence test
* Life style management techniques such as meditation, concentration&recreation techniques.
* Personal therapy
* Depression counseling
* Conduct Personality development training and workshops for indivduals.
* Decision making and judgement capacity
* Ability to lead self and others to achievement
* Social Media marketing skills.

**PROFESSIONAL EXPERIENCE**

**Roles and Responsibilities:**

**Spectra international limited(Jan2019- Present)**

● **Role: Consultant Psychologist**

* Provide face to face counselling and therapy sessions as required.
* Understanding individuals employee issues and counseling them as required.
* Assisting and guiding end-users with doubts and queries related to mental health.
* Planning and delivery of day-to-day behavioral skills sessions based on prescribed

curriculum.

* Developing interactive and engaging session plans, learning materials and assessments which will

ensure understanding and internalization by the employes.

* Facilitating self-assessments and reflective exercises for enhancing self- awareness,motivation and self-confidence.
* Maintaining the records and reports, taking regular feedback from learners.
* Understanding individuals employee issues and counseling them as required.
* Conducting class room sessions,seminars on how to keep personal life balance, stress

management,anger management ,how to overcome depression therapies,etc.



**Therappo(November 2017-2019)**

**Free lancing**

**Role: Online Counsellor**

***Specialization:***

Addiction

Anxiety

Depression

Child Psychology

Relationship Issues

Stress

Anger Issues

PersonalCounseling

***Roles and Responsibilities:***

●Online and telephonic counseling for issues related to relationship,marriage,depression

.Child counseling.

**VagadPaceGlobal School,Mumbai-BranchofPACE-IITian(November2018-2019)**

**Role: Child Psychologist in a residential school**

**Roles and Responsibilities:**

* One-to-one counselling sessions.
* Constant mentoring and guidance provided to students.
* Regular motivational and inspirational sessions for students and teachers
* Conducting workshops for stress management, diet management
* Consultation/Collaboration.
* Coordination of Programs and services.

**Healthcare At Home (January 2016 – October 2018)**

**Role: Mental Health Counsellor for Abbott.**

**Roles and Responsibilities :**

* Working under a project of Abbott pharma to counsel patient psychosocial issues.
* Telephonicounsellingng to patients on psychosocial and psychological issues.

**KartavayaHealtheonPvt.ltd(May 2015-Jan 2016)**

**Role:** Smoke cessation counsellor

**Description:**

Working for Pfizer(pharmaceutical company)

**Roles and Responsibilities:**

Counsel patienttohelpinprocessofquittingcigarettesanddrugaddiction.

**Personality** Traits

* Basi soft skills.
* Effective communication skills.
* Good aptitude for new technology ana d quick learner.
* Cooperative e, Open, Initiative and Willingness to accept challenges.
* Good interpersonal and communication skills.
* Have participated in various singing and Dance competition at school and college
* level.

**Education Qualification**

10th I.C.S.E ( Methodist high school kanpur 2006)

12th I.C.S.E (Methodist high school kanpur 2008)

B.A Humanities Psychology (Panjab University 2011)

M.A Psychology(Guru nanak dev university Amritsar 2014)

P.G Diploma Mental Health and Counselling (Guru nanak dev university Amritsar 2015)

