**Honey Agrawal**

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**Summary**

I have completed my post graduation in Masters in Counseling Psychology from Shreemati Nathibai Damodar Thackersey Women's University. I have completed my graduation in Bachelors of Arts with Psychology Majors from Mumbai University. I am currently working as a counseling psychologist at Neurogen Brain and Spine Institute. I have worked as a psychology teacher for higher secondary classes in Delhi Public School , Gandhidham. I have also worked as a counselling psychologist at Killol hospital under the guidance of Dr. Gaurang Joshi. I have interned at Vidyanidhi School, Juhu for a period of 8 months as a part of my academic curriculum for Masters. I have worked with BookBuddy for a period of 3 months as a mentor for kids to deal with behavioral and academic issues. I have also had a short-term internship experience in Raipur under a clinical psychologist after my graduation in 2015. I have good interpersonal skills and am well aware about the sensitivity of issues and interactions that takes place in a professional counseling setting.

**Education**

**Masters in Counseling, Maniben Nanavati Women’s College 2016-18**

The advanced theoretical knowlegde about psychology and its applications, the in-hand practical experience of dealing with children and adolescents enhanced my understanding and perceptions about general as well as special concerns. Various theories and therapies were taught and practiced with clients in an eclectic way or tailored as per the concern.

**Intensive Clinical Training in Psychotherapy, 2016**

Under desouza foundation, Intensive Clinical Training in Psychotherapy was conducted for a period of 5 months. It gave a complete focus on therapeutic skills and psychotherapeutic demeanor rather than an excessive focus on theoretical concepts. The course included role-play, case discussions and real clinical situations.

**Bachelor of Arts (Psychology), Graduated May 2015**

Kishinchind Chellaram College, Churchgate, Mumbai

The in-depth theoretical base regarding psychology introduced me to new perspectives on psychology and the orientation to practical knowledge gave a pathway to explore further. I completed my graduation with distinction.

**High School** ,**Graduated May 2012**

Delhi Public School, Ahmedabad, Gujarat

This was the first step towards the introduction of psychology and I was awarded a scholar's trophy for the academic results after my H.S.C.

**Schooling** , Gandhidham, Gujarat

Delhi Public School Gandhidham, Transferred 2006-2010

Mount Carmel High School Gandhidham, Enrolled May 1999-2006

**Work**

**Current Job –**

Counseling psychologist at **Neurogen Brain and Spine Institute**

Psychology Teacher for higher secondary classes – **Delhi Public School, Gandhidham**

Counseling psychologist - **Killol Hospital** under the Guidance of Dr Gaurang Joshi.

**Summary of Experience**

Working with different age group and different concerns, I learned about differences in some of the underlying cognitions of kids, adolescents, adults in an indiviudal, academic and family setting. The roots of concerns from the past, the differentiation level among people and their defense mechanisms were observed. Importance of active listening and its impact was learnt.

Types of cases dealt with :

Kids – ADHD, Autism, Intellectual disability, Muscular dystrophy, Motor Neuron diseases, Spial cord injury, learning disability, Socially withdrawn behaviour, anxiety, anger management, time management, bullying, low self esteem and career counselling.

Adults - Depression, anxiety, marital issues, dependent personality disorder, stress management, Low self esteem, emotional and behavioural issues, obsessive and compulsive disorders, panic disorder, post traumatic stress disorder and substance abuse.

**Hobbies & Interests**

As an individual, I like Reading, Baking and Traveling. I have always been interested in meeting new people as it helps me understand the diversity of people and am a firm believer that understanding their behavior and listening to them contributes to my growth as an individual.

**Professional Skills**

Active Listener: Advanced

Empathetic: Expert

Communication: Advanced

Adaptability: Advanced

Decision Making: Advanced

**Languages**

Hindi: Native

English: Fluent

Gujarati: Conversational