

Swati Kanungo

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Professional Summary:

Energetic individual with a passion to work with individuals, groups, and communities to improve mental health. Hoping to secure a counselor position in an organization where my abilities will be maximized.

Employment History:

Trainee Counsellor, Shemrock School , Mohali, Punjab

- Helped students understand their learning needs and blocks, such as equipping them with study skills, doing semi-formal assessments for Learning Disabilities and Difficulties.
- Handled children issues as bullying, clique formation, estrangement and infighting.
- Identified problem behaviours and took suitable steps to prevent the onset of psychosocial problems and worked towards finding suitable solutions.
- Also kept the teacher in the loop about the work being done, and how to modify his/her behaviour accordingly.

Trainee, State Council of Educational Research and Training. Chandigarh

- Performed different tests like DAT , HSPQ on children who came for career counselling
- Visited different schools and conducted tests required for career counselling
- Provided Career Counselling according to their interests along with tests results.

Trainee , Neuropsychiatry & Drug De addiction Cum Rehabilitation Centre , Chandigarh

- Taking case history of patients
- Conducted different activity sessions for patients
- Performed JPMR

Education:

- Post Graduate Diploma in Guidance and Counselling , 2020
Dev Samaj College of Education , Chandigarh
- Masters of Arts , Psychology , May 2019
DAV College Sector 10 , Chandigarh
- Bachelor Of Arts (Psychology , English , Economics) , May 2017
PGGCG – 42 , Chandigarh

Licences and Certifications :

- Psychological First Aid, John Hopkins University SAIS Online
- Diploma in Modern Applied Psychology, Udemy
- REBT Practitioner Certificate – Beginner – Pro (Accredited) , Udemy
- Healing With The Arts , University Of Florida

Languages:

Skills:

English, Hindi , Punjabi

Empathy , Resilience
Acceptance, Rapport Building

Accomplishments:

- Presented poster in DAV University , Jalandhar on "To study dimensions of Friendship ,Psychological Well Being and Self Esteem among college going students."(2019)
- Stood 1st in English Compulsory in 2015-16 in BA II in GCG-42
- Stood 2nd in English Compulsory in 2016-17 in BA III in GCG-42

Additional Information:

- Submitted Research Project In Masters on "To study the role of Socioeconomic status on Resilience, Depression ,Anxiety and Stress."

- Submitted Research Project in Masters on " To study gender differences on Personality, Psychological Well Being and Relationship Attachment among adolescents".