

Mrunali Kataria

Phn:9930482044

mrunalikataria@gmail.com

Mulund, Mumbai

India

AREA OF EXPERTISE

COUNSELLING & PSYCHOTHERAPY

SUPERVISION & FACILITATING TRAININGS

CRISIS INTERVENTION

PROGRAM COORDINATION

COLLABORATION, STAKEHOLDER MANAGEMENT

Counselling Psychologist

Counselling psychologist with 5 + years of extensive experience in providing individual and group counselling & psychotherapy to adolescents, adults & geriatric populations, belonging to different socio-economic backgrounds in community-based & private set-ups. Proven expertise in supervision, project coordination, and stakeholder management and a robust ability to design and facilitate capacity-building training for various stakeholders, including corporates, schools, and government bodies. Adept at supporting new consultants through supervision, including performance evaluations and case discussions, to ensure adherence to best practices. I practice integrative psychotherapy using a trauma-informed & psychosocial framework. I practice queer affirmative counselling thereby promoting inclusivity & diversity in my practice.

EXPERIENCE

Consultant Global Psychologist - Spring Health, USA March 2024 - Present (Part time)

- **Provide individual counselling & EAP services** to employees of various organizations for a variety of mental, emotional, career and psychosocial concerns using an integrative approach, combining tools & techniques from cognitive behavioural therapies, person centered and Mindfulness-based approaches.
- **Facilitate workshops** as part of training programs designed for employee mental well-being.

Project Co-ordinator - Tarasha (Filed action project , Tata Institute of Social Sciences- Feb 2023 - June2023)

- Led Tarasha programs including the planning, organization, and direction of staff, resources, budgets, assessment, and reporting
- **Oriented and supervised** students enrolled into the Master's in Social service at Tata Institute of Social Sciences at regional mental hospital, Thane
- **Conducted individual and group counselling sessions for female patients at Regional Mental Hospital, Thane** and helped patients build life skills & achieve optimal psychosocial and emotional functioning for smooth reintegration into society after being de-institutionalized using Cognitive Behavioral Therapy, Narrative Therapy & Person centered Therapy amongst others.
- **Provided psycho-education and counselling** to family members and caregivers of patients dealing with grief, bereavement & other psychosocial concerns.
- **Implemented** the whole person model to collaborate with other health care providers and family members (where appropriate) to help facilitate the individuals' growth and recovery.

Raahee Wellness Private Limited- Consultant Psychologist. April 2021 - Present (Part time)

- **Supervise and support new consultants**, including performance evaluation and case discussions on best practices in counselling. Supervised 30 plus psychologists.
- Provided integrative psychotherapy to suit each client's unique needs using **trauma-informed, psychosocial and rights-based approaches to address a variety of concerns related to abuse & violence, Child sexual abuse, sexual harassment and bullying, mental health, relationship issues, self-image, anger & stress management, and work-life concerns amongst many others. Age group (child, adolescent, adult)**

Private Practice (December 2021 - Present)

- **Provide counselling & psychotherapy** to adolescents, adults and couples for a variety of issues pertaining to mental health, self-image issues, interpersonal and relationship issues, academic and career issues, work-life balance and burnout issues amongst many others integrating tools & techniques from Cognitive , Humanistic & mindfulness based approaches.
- **Facilitate listening circles & support groups** for cancer patients & caregivers of cancer patients .
- Provided psychotherapy to manage the socio-emotional functioning of cancer patients using approaches of positive psychology and narrative therapy to manage the symptoms and physical limitations arising due to the illness

**Counsellor - iCALL Psychosocial Helpline, Tata Institute of social sciences
June 2019- April 2021 (Full-time)**

- **Provided counselling** to clients across age, language, gender and sexual identities, covering a multitude of issues including mental & emotional well-being, gender-based violence, substance abuse, marital and family, parenting, grief/loss, stress, work-life issues and other speciality services.
- **Provided crisis intervention to over 850 plus clients** experiencing **suicidal ideations, and non-suicidal self-injury, prevented suicide** and implemented long-term therapy, and **connected** clients to referral networks. **Implemented suicide risk assessment**, and ensured safety. Provided counselling to clients facing active abuse, **implemented violence risk assessment**, and connected clients to shelter homes and related referrals.
- **Assisted in creating training modules** for capacity building workshops offered to partner organisations. **Provided comprehensive EAP services to employees** of contracted companies.
- Improved **work performance, productivity & socio-emotional experiences** of employees using tools and techniques from Solution-focused brief therapy and behavioural therapies. **Implemented trauma-focused therapy** for individuals facing **bullying, workplace harassment and survivors of child sexual abuse, abuse and violence.**
- Provided Queer Affirmative to counselling 50 plus clients. (Rigorously trained in GACP by taking part in in-house development trainings.

Education

Master of Counselling Psychology

SNDT Women's University
June2017-June2019

Bachelor of Psychology

Vivek Anand Education
Society,Mumbai University
June2015-June2016

Continous professional Development

PG Diploma in Mindfulness & Presence Oriented psychology - August 2022 - Ongoing (Just Being Center Pune & TISS, Mumbai)

Certificate Course in Narrative Therapy (Children's First, Delhi)