

Srishti Chhabra

Counselling Psychologist

Contact

Gurugram
8901023914
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Education

July 2021 – May 2023

Christ University, Ghaziabad M.sc in
Counseling Psychology

July 2018 – May 2021

Manav Rachna International Institute of
Research Studies, Faridabad
B.sc in Applied Psychology (Hons.)

March 2017 – March 2018

12th
The S.D. Vidya School, Ambala Cantt.

March 2016 – March 2017

The S.D. Vidya School, Ambala Cantt.
10th

Key Skills

Marketing
Adaptability
Highly organized and efficient
Effective Team Leader
Data Collection
Ability to Work in a Team
Effective Time Management
Flexibility and Adaptability
Microsoft Office
Communication Skills

Courses

Sep 2020 – Oct 2020

Objective

Experienced Behavior Therapist specializing in Applied Behavior Analysis (ABA) for individuals with autism and developmental disabilities. Skilled in creating individualized treatment plans, implementing behavior intervention strategies, and tracking progress to achieve client goals. Strong communicator, dedicated to improving social, communication, and adaptive skills while collaborating with families and teams to support client growth.

Experience

JULY 2023 - PRESENT

Behavior Therapist | Autism Centre for Excellence, Gurugram

- Implemented a behavior management system that improved student behavior and increased classroom safety
- Developed and implemented a behavior management system that focused on teaching positive behavior rather than punishment
- Implemented behavior management strategies to help children develop self-discipline and appropriate social behavior
- Developed and implemented a behavior management plan to address challenging behavior
- Developed and implemented a behavior management system that improved student behavior and reduced disruptive behaviors.

Internships

JULY 2022 – JULY 2023

Counselling Psychologist | Sukoon Foundation (De-addiction centre), Noida

- Conducted one-on-one counseling sessions with individuals undergoing treatment for substance abuse, focusing on emotional support and behavior change.
- Assisted in the development and implementation of treatment plans tailored to clients' specific needs, promoting recovery and relapse prevention.
- Administered psychological assessments to evaluate clients mental health, substance use patterns, and readiness for change.
- Facilitated group therapy sessions, guiding discussions on coping strategies, motivation, and personal growth.
- Collaborated with a multidisciplinary team of counselors, doctors, and social workers to ensure holistic care for clients.

Managing ADHD
Learning Disability, Autism and
Concussion in School
University of Colorado

Aug 2020 – Sept 2020
Schizophrenia
Wesleyan University

Jul 2020 – Aug 2020
Mind Control - Managing your mental
health during COVID-19
University of Toronto

- Provided psycho-education to clients and families about addiction, its psychological impacts, and recovery strategies.
- Monitored client progress, documented therapeutic interventions, and reported on outcomes to senior therapists and clinical supervisors.
- Participated in case discussions and supervision meetings to enhance clinical skills and knowledge in addiction treatment.

June 2022 – July 2022

HR | Hamari Pehchan NGO, Delhi

- Created and maintained an employee handbook and other HR documents, ensuring compliance with company policies and legal requirements
- Developed and maintained HR databases and records, ensuring data accuracy and privacy standards were met

August 2021 – December 2022

Public Relations | Artemis Foundation, Hyderabad

- Developed relationships with public relations officers and other professionals to stay informed on the latest news
- Raised company profile through public relations and media campaigns, resulting in improved brand recognition and reputation
- Educated the public on a social issue through public speaking engagements, resulting increase in support for the cause

November 2020 – January 2021

Psychology Intern | Mind and Wellness Studio, Delhi NCR

- Created a marketing plan that increased brand awareness and generated more leads for the company
- Created a survey tool to collect customer feedback, resulting in improved customer retention and loyalty
- Developed a comprehensive customer service training program that improved customer satisfaction
- Conducted a comprehensive market analysis that identified new opportunities for growth and expansion

July 2020 – August 2020

Career Counsellor | Hikewise, Hyderabad

- Mentored and advised students on academic and career goals, helping them to develop professional skills and networks
- Attended career fairs and networking events to expand professional connections

Extra-Curricular Activities

February 2019 – February 2019

Volunteer at ISSF World Cup, Faridabad

Personal Information

Date of Birth - 18-Jan-2000

Father's Name - Satish Chhabra

Father's Occupation - Businessman

Marital Status - Unmarried

Languages Known - Hindi & English

Hobbies: Dancing, Travelling, Photography

Declaration

I hereby that all of the above provided information is true to the best of my knowledge.