

BHAVIKA

COUNSELLOR/ PSYCHOTHERAPIST

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ABOUT ME

Licensed rehabilitation Counselor with 2 years of experience providing guidance to resolve academic issues, self image, emotional conflicts, psychological support, guidance regarding career development, academic achievement and social behaviour. Posses Masters in Psychology and diploma, and recognized for ability to build rapport with person and collaborate with near ones to establish effective support networks. Looking to use my interpersonal skills and passion for person's advocacy to encourage them to reach their fullest potential.

WORK EXPERIENCE

- 1 Year experience of Providing psychological/mental health services as a counsellor at KPM Charitable Hospital, Bhiwani **2022 - 2023**
 - 1 Year experience at PM SHRI Kendriya Vidyalaya Palwas, Bhiwani as a school counsellor **2023 - 2024**
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EDUCATION

- Masters in Psychology **Completed in 2020**
 - (PGDRP) Post Graduation Diploma in Rehabilitation Psychology (Licensed by Rehabilitation Council of India) **Completed in 2022**
 - (PGDGC) Post Graduation Diploma in Guidance and Councelling ongoing from Jamia Millia Islamia, New Delhi, CDOE **Ongoing in 2024**
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KEY RESPONSIBILITIES

- Emotional well-being
- Helping with adjustment issues
- Supporting academic growth
- Social-economical health
- Career development
- Time management
- Mental well-being
- Anger management
- Goal setting and attainment
- Increase self-esteem

SKILLS

- Testing and assessment
 - Computer Skills
 - Confidential record keeping
 - Rapport Building
 - Empathetic Counselling techniques
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ACHIEVEMENTS

- Presenting research papers at ANVESHAN 2019-2020 Student's Research Convention (North Zone) and international conferences
- Participation in workshops at national and international level organised by WHO, Central University of Haryana, Fortis Hospital and more
- Certificate of Merit adjudged positions at zonal, interzonal youth festival and state level certification in Short Film Making, Poetic Recitation (Eng.), Qawwali and Western vocal.