

Rhea Mathew

Counselling Psychologist

Masters in Psychology (Lifespan Counselling), St. Xavier's College, Mumbai

About Me

I am a trained counselling psychologist who believes that empathic listening, non-judgment, and genuineness are at the core of therapy. With a comprehensive background in psychology and therapy techniques, I specialize in providing individualized and group support to clients facing a variety of challenges. By creating a safe and nonjudgmental space, I empower individuals to explore their thoughts, feelings, and behaviors, leading to self-awareness and personal growth

My Contact

✉ rheamathew3009@gmail.com

☎ +91 7982129459

📍 Faridabad, Haryana

Hard Skills

- Theoretical and practical understanding of psychological issues
- Bilingual
- Verbal and written communication skills
- Technological skills (Microsoft- Powerpoint, Excel, Word)
- Observation skills

Soft Skills

- Empathic Listening
- Dependability
- Open Mindedness
- Problem-solving and decision making
- Strong interpersonal communication
- Group facilitation skills
- Organization skills
- Team work and collaboration

Education Background

M.A. Psychology: Lifespan Counselling

St. Xavier's College (Autonomous), Mumbai

Trained in 9 modalities: Narrative, CBT, DBT, PCT, REBT, Gestalt, TA, SFBT and Family Therapy.

Trained in conducting assessments:

Intelligence, Personality, Projective, Memory and Ability Tests.

Completed in April 2023: CGPA: 8.85

B.A. Psychology (Hons)

Jesus and Mary College, Delhi University (DU)

Topped 2nd year of B.A. Psychology

Completed in 2021: CGPA 8.31

Class 12th CBSE Board

Apeejay School, Faridabad

Topped the Humanities batch in 12th class: 95%

Completed in 2018

Field Experience

October 2023- Present

Private Practice

Practicing as a psychologist privately, taking sessions for national and international clients (18+ age group) along a variety of concerns.

May 2023-September 2023

Psychologist at Manastha Counselling Services (Full-time)

Provided therapy to individuals in the age range of 8-50 years, with varied presenting concerns such as work-life balance, team cohesion, managing workplace dynamics, job-engagement, stress management, anxiety and depression, behavioural issues, communication issues, lifestyle issues, self-esteem, Goal-manifestation and motivation, etc.

Fieldwork (Course requirement) 2021-2023

December 2022-March 2023 (Offline)

Elder care home: BHN Center, Mumbai

- Worked with the geriatric population at a group and individual level (8 hours per week).
- Conducted group workshops focusing on cognitive stimulation and building a sense of group cohesion
- Conducted personal therapy sessions with a resident of the center
- Engaged in group discussions with respect to the problem faced by the geriatric population, therapeutic relationship, boundaries, successful termination, etc.

July 2022-September 2022 (Offline and Online)

Hospital Observership (Offline) and Online Counselling

Hospital Observership (G.T. Hospital, Mumbai)

- Observed the hospital counsellor taking counselling sessions with clients
- Completed 48 hours of Observership at the hospital.
- Interacted with doctoral students to better the understanding of psychological complaints.

Online Clients

- Worked with clients who struggled with familial and relationship issues, academic problems, self-esteem issues, feelings of anxiety and depression, difficulties with work
- Used modalities of Transactional Analysis, Cognitive Behavioral, Person-centred and Narrative therapies with clients.

January 2022-April 2022

Online counselling

- Worked with clients struggling with feelings of anxiety and depression, difficulties with romantic/peer/ familial relationships, difficulties with work/college
- Used modalities of Person-centred therapy, Cognitive Behavioral Therapy, Narrative Therapy and Dialectical Behavioral therapies with clients.

Rhea Mathew

Counselling Psychologist

Masters in Psychology (Lifespan Counselling), St. Xavier's College, Mumbai

Internships and Volunteer Experience

Fortis Hospital (Online Internship)

July 2020

- Attended an Internship Program with a focus on application-based learning of facets of Clinical psychology over a span of 50 hours facilitated by multi-disciplinary team of mental health experts from the fields of clinical psychology, counseling psychology, psychoanalysis, art therapy, psycho-oncology and fashion psychology and sports psychology.

Jesus and Mary Education Programme (Offline)

July 2019- July 2021

- Taught underprivileged children ranging from Kindergarten to 10th grade.
- Participated in workshops of awareness about different societal issues: health and sanitation awareness, good touch bad touch, Republic day celebrations, bullying, gender sensitivity, limiting use of plastic, how to make learning more enjoyable etc.
- Participated in organizing collection drives.

Hope Psychological Clinic, Faridabad Counselling Intern (Offline)

June-July 2019

- Completed 100 hours of internship which involved: Attending and observing counseling sessions Administering personality and IQ tests (assessments) Conducting initial sessions, note taking, history taking, (children, teenagers and their caregivers, and adult clients)
- Group discussions about different disorders and their symptoms
- Doing worksheets with children who had learning disabilities.

National Service Scheme (Offline)

July 2018- July 2019

- Contributed to the National Service Scheme society of Jesus and Mary College
- Participated in collection drives including support for floods in Kerala
- Organized talks with National Association for the blind and Cry NGO
- Helped in the organization of the annual NSS fest where small businesses were supported, took part in the first aid workshop, and assisted in the organisation of blood donation drives

Languages

- English: Fluent in speaking, reading and writing
- Hindi: Fluent in speaking, reading and writing