




## Priyanka

### Counselling Psychologist, Psychotherapist

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## SKILLS

- Counselling skills
- Psychotherapies (Cognitive behavior therapy, supportive therapy, behavioral therapy)
- Psychological assessments
- Diagnostic formulation
- Administering scales
- Interviewing skills
- Case report writing
- Case conceptualization
- Critical thinking
- Case presentation
- Problem solving skills
- Breathing exercises and relaxation therapy
- Interpersonal skills

## CERTIFICATION

- **Certification in Drug De-Addiction & Psychiatry** from Prabal Drug-De addiction & Psychiatric Hospital
- **Certification of participation Rorschach Inkblot Test** from fortis hospital in Delhi.
- **Certification for training in Cognitive behavior therapy** from Psyuni India career assessment and counseling center in Lucknow.

## HOBBIES

- Listening music
- Watching motivational videos
- Gardening

## CAREER OBJECTIVE

Seeking a challenging position in a reputed organization and professional environment where I can learn new skills and expand my knowledge, leverage my learnings and can utilize my skills and experience in providing evidence-based treatment, quality care and support for individuals struggling with mental illness build strong therapeutic relationships with clients, helping them feel comfortable discussing their issues openly. I am working in this field since 4 years and eager to collaborate with expert providers to ensure complete client support and excellent care.

## EDUCATION

Master of Arts (Psychology)  
University Of  
Lucknow(2013-2015)  
Pursuing PGDCFT from IGNOU

## EXPERIENCE

### Counselling Psychologist Oct 2021 - Present

Saran Neuropsychiatric Center

- Provide diagnosis based on assessments and evaluation.
- Conduct initial assessments and develop and recommend treatment plans based on patient need and diagnosis.
- Monitor client's progress and make adjustments to treatment plans as needed.
- Coordinate with psychiatrist for best care.
- Taking counseling sessions of all age group.
- Use supportive therapy behavior therapy and motivational interviewing.
- Daily visit to admitted patients for counselling.
- Patient report writing.
- Documented client progress in confidential files.
- Administered various scales for assessments.
- Maintained confidential records related to individual patient treatment using.

### Counselling Psychologist

*July 2019 - March 2020*

Prabal Drug De-Addiction & Psychiatric Hospital, Lucknow

- Taking case history of the patients.
- Dealing with drug addict & psychiatric patients.
- Group discussion along with patients.
- Relaxation therapy.
- Taking Counselling sessions.
- Monitoring the daily routine of the indoor patients.
- Taking Mental Status Examination.
- Trained students
- Involved in OPD
- Maintaining Patients Observation and sessions reports.

## PERSONAL DETAILS

- DOB: 02/11/1992
- Marital status: Unmarried
- Languages known: Hindi & English
- Nationality: Indian