

AFREEN QURESHI

Counselling Psychologist, Advanced EFT, Matrix Reimprinting & CBT Practitioner, Therapist

CONTACT



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SUMMARY

2+ years of experience in trauma-focused approach in Emotional Freedom Technique, advanced emotional freedom technique, currently undergoing various Training from Beck Institute.

EDUCATION

- MA Clinical Psychology Batch (2022-2024) (CGPA- 7.35) AMITY University Noida
- BA Psychology Batch (2019-2022) (CGPA-8.51) IILM University Gurugram

INTERNATIONAL CERTIFICATION

- Matrix Re-imprinting Practitioner (EFTMRA) 2024
- Advanced practitioner in Emotional Freedom Technique (level-3) 2023 (EFTMRAINDIA)
- International Emotional Freedom Technique Practitioner (level-2) 2022 (EFTMRA INDIA)
- Cognitive Behavioral Training from Beck Institute (CBT BASICS-1) 2024.

PUBLICATION

- Qureshi, A. & Dr. Rati Khurana. (2024). The impact of Bhagavad Gita on youth: cultivating forgiveness, finding purpose, embracing gratitude and building ego resilience. In Afr.J.Bio.Sc. (Vol. 6, Issue 12, pp. 4405–4412).
<https://www.afjbs.com/uploads/paper/8be596302b5bf1d9212806aa3e2287bf.pdf>
- Qureshi A, & Khurana, R. (2024). Synchronized interaction of the stomach and mind: A case study of EFT Intervention with an individual diagnosed with Irritable bowel Syndrome. Obstetrics and Gynaecology Forum.
- Qureshi A, & Khurana, R. (2023). The healing wisdom of Bhagavad Gita : An Interventional study for the Physically Ill patients Experiencing Anxiety and Depression.
- Qureshi, A., & Khurana, R. (2022). Effects of spirituality on quality of life of young adults: An explorative study based in Delhi NCR. Journal of Asiatic Society of Mumbai, 96(4), 110-120.

CONFERENCE

- Presented Oral paper in 8th Asian CBT Congress and 1st Asian Trauma conclave 2024 titled: “The efficacy of Emotional Freedom technique and Cognitive behavioral therapy in reducing anxiety in young adults: A comparative study.

INTERNSHIP

•	Worked as an EFT practitioner giving individual therapy sessions with Emo-aid in April, September and October 2023 (EMO-AID Camp)
•	Summer internship Centre for child adolescent and well-being (1 month) 6th June- 5th July 2023
•	Certificate program in clinical skills (24th September – 3rd December 2022) (CCAW)
•	30-hour clinical internship (Umeed-wellness-centre) 2022
•	Centre for child and adolescent well-being (1month offline internship) 1st September-1st October 2021
•	Unique psychological services (1-month internship) 19th July- 18th August 2021
•	Children’s First (1month internship) 15th June -16th July 2021
•	Mind Wellness (10 days internship in clinical psychology) 1st May -10th May 2021
•	Centre for child and adolescent well-being (1month internship) 15th March – 15th April 2021
•	Psychology Content Writing Internship (3 months) (Unique Psychological Services) 2021
•	Advanced Counselling Skills Training 2021(Unique Psychological Services) (Online) 2021
•	Winter internship -30 days 2020 (Unique Psychological Services) (Online) 4TH December -3rd January 2021
•	Signature Analysis Training 2020(Unique Psychological Services) (Online)
•	Foundational Level Course in Child and Adolescent Mental Health-2020 (Online)

•	Volunteer Sewa Bharti India (1st June -1st July)
•	Summer internship 2020 online (Fortis Mental Health and Behavioral Sciences)
•	Winter Internship 2019 (MOMS BELIEF SOCH GURUGRAM)

SKILLS AND INTERESTS

- **COMPUTER SKILLS-** Good working knowledge MS Power Point Presentation, MS word
- **PERSONAL SKILLS-**Compassionate, patient listener, hardworking, dedicated and sincere
- **HOBBIES-**Reading Spiritual books, mantra meditation, Practising mindfulness in everyday routine, yoga, working out, mindful cooking