



Arindam Sen

Counseling Psychologist

Contact



+91-8585904505



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11/1 B, RBC road, Dumdum,
Kolkata - 700028

Education

2023

M.A. Psychology (Clinical) - First Class with Distinction
IGNOU

2016

B.Com. (Hons.) - Second class
Magadh University

2011

Higher Secondary (PCMB) - 83%
C.B.S.E.

2009

10th standard - 90%
I.C.S.E.

Expertise

- Psychotherapy & Psychoeducation
- Behavioral Therapy
- Rational Emotive Behavior Therapy
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Depression, Anxiety & Stress Management
- Socio-Emotional Learning
- Concentration, memory & other academic issues

Language

English
Hindi
Bengali

Professional Summary

Dedicated and empathetic Counseling Psychologist with a proven track record of providing comprehensive mental health support to a diverse client population. Possessing a solid foundation in psychological theory, assessment, and evidence-based therapeutic interventions, I am committed to fostering positive change and empowering individuals to overcome their mental health challenges.

Work Experience

Anubhav: The Positive Psychology Clinic

Counseling Psychologist
(1st June, 2023 - Present)

Anubhav: The Positive Psychology Clinic

Internship (Clinical Psychology)
(7th March, 2023 - 7th May, 2023)

Psycho Shiksha

Internship (Clinical Psychology)
(18th June, 2021 - 17th July, 2021)

Certificates

- 3-day workshop on Psycho-Oncology at Fortis Hospital
- Basic Counseling Skills Course from Anubhav: The Positive Psychology Clinic (DBT, CBT, BT & Family Counseling)
- Full intensive training course on REBT at Psykey
- Training workshop on Solution-Focused Brief Therapy (SFBT)
- 4-day intensive training on Hypnotherapy
- Full-day workshop on EMDR Training at Crystal Minds Clinic
- Workshop on Breakup Issues & Extra Marital Affairs and Parental Conflict at Taras Mental Health Care
- Full-day Learning & Developmental Training for teachers at Queen of the Missions school, Kolkata

Other Credentials

- Member of the Australian & New Zealand Mental Health Association (Member No.- 15675)
- Anubhav Associate Counselor's No.- AAC-00902/2023
- Applied for the CPSI registration number from NIMHANS, Bengaluru