

Garima Singh

Counsellor

Contact

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Skills

Counseling

Client counseling

Client advocacy

Client records management

Care planning

Mental health support

Adolescent counseling

Personal development sessions

Career counseling

Client needs assessment

Self-care strategies

Behavior modification

Social work

Social skills teacher

Anger management

Clinical experience

Work History

2025-05 -

Current

Tranlee Counsellor

Tulasi Healthcare, New Delhi

- Contributed to a supportive work environment by sharing knowledge, resources, and new findings within the counseling field.
- Coordinated referrals between agencies to ensure seamless transitions for clients receiving multiple services.
- Implemented behavioral modification strategies to help clients develop healthier coping mechanisms.
- Developed and facilitated group therapy sessions for increased social support and skill-building opportunities.
- Established trusting therapeutic alliances with clients through empathetic listening, validation, and unconditional positive regard.
- Assisted clients in setting realistic goals, developing action plans, and monitoring progress towards achievement.
- Participated in ongoing professional development trainings to remain current on best practices within the counseling field.
- Led psychoeducational groups to increase awareness and understanding of mental health issues.
- Reduced symptoms of anxiety and depression in clients by utilizing cognitive-behavioral strategies.
- Collaborated with multidisciplinary teams for holistic care, ensuring alignment of treatment goals.
- Enhanced family dynamics by providing family counseling sessions.
- Provided crisis intervention services, offering immediate support and stabilization.
- Conducted comprehensive assessments to identify client needs and appropriate therapeutic interventions.
- Supported clients in development of healthy coping strategies, leading to improved life management skills.
- Maintained detailed client records to track progress and adjust treatment plans as necessary.

2024-05 -

2024-12

Psychologist Assistant

Nivh , Dehradun

- Provided psychoeducation to clients and their families, fostering understanding of mental health conditions and available resources.
- Supported clients during crisis situations, employing de-escalation techniques and proactive communication skills to ensure safety.
- Assisted psychologists with research projects, contributing to advancements in the field of psychology.
- Developed strong rapport with clients through empathetic listening and genuine concern for their wellbeing.
- Participated in professional development opportunities, staying current on best practices within the field of psychology.
- Assisted in creating behavior modification plans for clients struggling with disruptive behaviors or emotional challenges at home or school settings.
- Collaborated with interdisciplinary teams, providing input on clients' mental health needs and treatment strategies.
- Conducted comprehensive psychological assessments and diagnostic evaluations, leading to accurate diagnoses and targeted treatments.
- Increased client engagement by utilizing creative therapeutic approaches such as art or play therapy techniques when appropriate.
- Administered psychological tests under supervision, contributing valuable data for diagnosis and treatment planning purposes.
- Promoted mental health awareness by participating in community outreach events and educational initiatives.

2023-04 -

2024-06

Counsellor

Aiims, Delhi

- Utilized motivational interviewing techniques to encourage positive change in clients' lives.
- Improved client satisfaction through consistent communication, empathy, and understanding of their unique challenges.
- Guided clients in developing skills and strategies for dealing with problems.
- Maintained accurate documentation of client interactions, assessments, and progress notes for effective case management.
- Educated clients on available community resources, fostering a sense of empowerment and selfsufficiency.

2023-04 -
2024-06

Counsellor

Aiims, Delhi

- Utilized motivational interviewing techniques to encourage positive change in clients' lives.
- Improved client satisfaction through consistent communication, empathy, and understanding of their unique challenges.
- Guided clients in developing skills and strategies for dealing with problems.
- Maintained accurate documentation of client interactions, assessments, and progress notes for effective case management.
- Educated clients on available community resources, fostering a sense of empowerment and self-sufficiency.
- Developed individualized counseling plans for clients to incorporate short-term and long-term goals.
- Conducted thorough assessments to identify client needs and appropriate intervention strategies.
- Conducted assessments to determine progress and performance and report findings to relevant authorities.
- Designed culturally-sensitive interventions tailored to each client's background and experiences.
- Provided crisis intervention services to individuals experiencing acute distress or dangerous situations.
- Used cognitive behavior therapy to assist clients in recognizing and redirecting poor habits.
- Worked closely with families to support clients in their recovery process and strengthen relationships among family members.
- Implemented evidence-based therapeutic interventions to promote positive behavior change.
- Collaborated with interdisciplinary teams to provide comprehensive care for clients with complex needs.
- Communicated regularly with other professionals involved in the client's care for coordinated service delivery efforts.

Education

2022-08

Master Of Arts: Clinical Psychology

Doon University - Dehradun

2020-07

Bachelor Of Arts: Yogic Science

University of Patanjali - Haridwar