

Harisa Hilal Bhat

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Saket, New Delhi

Education

- **Amity University, Gurgaon**
Master of Science, Clinical Psychology 2017-2020
- **Zakir Hussain Delhi College – University of Delhi**
Bachelor of Arts, (Honours) Psychology 2013-2016
- **Iqbal Memorial Institute, Srinagar (Jammu & Kashmir State Board of School Education)** *Higher Secondary School Examination in 2012*
- **Higher Seconadary Kothibagh, Srinagar (Jammu & Kashmir State Board of School Education)** *Senior Secondary School Examination in 2010*

Work Experience

- **Mental Health Counsellor – Institute of Liver and Biliary Sciences, New Delhi**
Working under 'The Empathy Campaign' as a mental health counsellor Jan 2022 - Present
- **Self Employed as Psychological Counsellor – Practo (Telecounselling)** July 2020 – Dec 2021
- **Student/ Education Counsellor - Admissify, Najafgarh Road, Delhi**
Jan 2020 - June 2020 (Resigned due to COVID)
- **HR (part-time) & Education Counsellor (permanent) - Medical Worldwide, Barakhamba road**
Nov 2018 - Nov 2019
- **Govt. Hospital For Psychiatric Diseases, Srinagar** 28 Oct 2016 – 20 Mar 2017
Worked for 6 months as a Therapist/Counsellor in Govt. Hospital for Psychiatric Diseases, Srinagar (An Associated Hospital of Medical College, Srinagar)
- **Internship – Citizen Hospital, Gurgaon** 1 Jan 2019 – 30 Apr 2019
Attended 4 months Internship in Mental Health
- **Internship – Govt. Hospital For Psychiatric Diseases, Srinagar** 1 Jun 2018 – 2 Jul 2018

*Attended 1 month Internship in Clinical Psychology at Hospital for Psychiatric Diseases, Srinagar
(An Associated Hospital of Medical College, Srinagar)*

- **Internship – Citizen Hospital, Gurgaon** **1 Feb 2018 – 30 Apr 2018**
Attended 2 months Internship in Mental Health at Psychological Training and Counseling, Citizen Hospital, Gurgaon
- **Internship – VIMHANS, Delhi** **13 Jan 2017 – 28 Apr 2017**
Attended 16-day short Term Internship in Mental Health at Vidyasagar Institute for Mental Health Neuro & Allied Sciences.
- **Mental Health Foundation (India) & Department of Psychiatry, AIIMS** **10 Oct 2015**
Participated as Crew Team Member, Conclave on Mental Health Awareness organized by Mental Health Foundation (India) in association with Department of Psychiatry, All India Institute of Medical Sciences (AIIMS)
- **Umeed – A drop of Hope** **1 Nov 2015 – 15 Nov 2015**
Participant – Unite India Mission held at Jantar Mantar, New Delhi

Key Skills

- Content writing
- SOP Editing
- Editing and proofreading
- Basic understanding & knowledge of psychological theory and practice.
- Assessing clients' behavior and needs via observation, interviews and psychometric tests.
- Developing, administering and monitoring therapies and strategies.
- Writing reports
- Providing support and advice to carers.

Personal Strengths

- Good Client Counseling Skills.
- Sensitive listening and questioning skills.
- Good interpersonal and communication skills.
- Quick Learner with a confident approach to work.
- Planning, Communication, Flexibility, Commitment and time management.
- Willing to learn, punctual, team player and taking ownership in all aspects.
- Strong motivational and leadership skills

Additional Information

- Languages: Fluent in English, Urdu, Hindi and Kashmiri.
- Gender: Female

DECLARATION:

I HEREBY DECLARE THAT THE ABOVE GIVEN INFORMATION IS CORRECT TO THE BEST OF MY KNOWLEDGE.

REFERENCE WILL BE PROVIDED ON DEMAND.

HARISA HILAL