

Mishika Sethi
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Professional Summary

Experienced Psychologist with a strong background in virtual and face-to-face counseling for anxiety, stress, depression, relationship issues, and IVF support. Skilled in providing psychological care in clinical and corporate settings, conducting mental health workshops, and presenting research at national and international conferences. Published researcher and experienced in working with children, adolescents, and adults in diverse therapeutic contexts.

Professional Experience

Sr. Counselling Psychologist | Indira IVF, New Delhi | 08/2024 – Present

- Provided counseling to individuals and couples undergoing IVF treatments.
- Offered stress management and coping strategies tailored to fertility challenges.
- Collaborated with medical professionals to support holistic patient care.

Counselling Psychologist | Lissun, New Delhi | 02/2024 – 07/2024

- Provided counseling for employees dealing with stress and emotional issues.
- Supported clients with chronic illnesses including diabetes and dialysis.
- Conducted workshops on emotional resilience and workplace well-being.

Counselling Psychologist | Click2Pro (Remote) | 10/2023 – 04/2024

- Delivered IVF and general mental health counseling through virtual sessions.
- Addressed issues such as stress, depression, and relationship conflicts.
- Customized therapeutic plans to suit individual client needs.

Counselling Psychologist | Swashrit Society at Fortis Heart Institute | 07/2022 – 08/2023

- Provided executive coaching and counseling for medical professionals.
- Diagnosed and treated psychiatric disorders including OCD and depression.
- Delivered relationship and family therapy in clinical settings.

Psychologist & Field Coordinator | Manas Foundation at Women and Child Development | 07/2021 – 07/2022

- Counseled vulnerable children and victims of abuse at Sanskar Ashram.
- Prepared children for court appearances and conducted family therapy.
- Led psycho-educational and cultural workshops promoting mental wellness.

Education

Clinical Hypnotherapy | California Hypnosis Institute - CGN, Gurgaon | 06/2021

M.A. Psychology | Banasthali Vidyapith, Jaipur | 05/2020

B.Sc. Home Science | Lady Irwin College (Delhi University), New Delhi | 07/2018

Senior Secondary Education | Father Agnel School, Noida | 06/2015

Secondary Education | Father Agnel School, Noida | 06/2013

Key Skills

Active Listening, Empathy, Grief Therapy, Treatment Development, Group Therapy, Workshops & Trainings, Public Speaking, Hypnotherapy, Computer Literacy, Time Management, Communication Skills, Leadership, Microsoft Word & Excel, Bilingual (English & Hindi), Social Work