

Shivanjani Arora

Clinical Psychologist

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[Linkedin](#)

PROFESSIONAL EXPERIENCE

Counselling Psychologist

Wellbieng Action & Research Initiative

JAN 2023 - MAR 2023

- One on one counselling support for young people and young adults including screening and intervention plans.
- Regular follow-ups & when required for crisis management under the supervision of the senior counsellor.
- Creating material for psychoeducation for outreach within the community. Building a repository of resources for group sessions on eco-psychology and emotional intelligence.
- Maintaining individual case files and follow-up sheets. Being available on call for crisis management if required by client.

Career Counsellor

GENLEAP

JAN 2022- OCT 2022

- Counselling individuals on assessment outcomes.
- Bridging the gap between self-awareness and the world of work, career selection, and career satisfaction.
- Use of evidence-based therapies to aid positive behavioral changes.

INTERSHIPS

- Feel Joy – Listener & Counselling Intern
- Project C Foundation- Project Intern
- The Lifestyle Clinic- Psychology Intern & Observer
- PsyMan- Psychology Intern
- We Avec U- Psychology Intern
- Counsel India- Psychology Intern
- VIMHANS Hospital- Psychology Intern
- Moolchand Medcity- Psychology Intern

EXTRA-CURRICULAR ACTIVITIES

- Invited as a guest speaker at Sarvodaya Bal Vidyalaya on the occasion of Mental Health Day to share some tips to teachers and students on “Combating Examination Stress” an opportunity given by Educational & Vocational Guidance Bureau under Directorate of Education, Delhi- (October, 2022)
- Presented a research paper at International Conference on “Psychological Trauma and Conflict/ Resolution in Present Times” at Amity University Noida, Uttar Pradesh held on 24th February, 2022.
- Conducted Career Counselling of students of Xth & XIIth class with WE Avec U at Saidham Ngo students while working as an Intern.

EDUCATION

Professional Diploma in Clinical Psychology (RCI Licensed)

Amity University, Manesar
2022-23

Master's in Clinical Psychology

Amity University, Noida
2020-22

Bachelor's in Applied Psychology

Amity University, Noida
2017-20

PUBLICATIONS

[Relationship between Emotional Intelligence, Psychological wellbeing & Altruistic Behavior among Adults](#)

[Relationship between Suicidal Ideation & Cognitive Styles among Young Adults](#)

TRAININGS

Training in Cognitive Behavioral Therapy by Unique Psychological Services- 2022

Training in Handwriting Analysis by Meraki Psychology- 2019

SKILLS

- Empathy
- Active Listening
- Assessment & Diagnosis
- Ethical Awareness
- Therapeutic Techniques
- Cultural Competence
- Communication Skills
- Teamwork & Collaboration