

Indrani Sarkar

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I am Indrani Sarkar, currently pursuing a PhD in psychology from Manav Rachna International Institute of Research and Studies, Faridabad. I have experience in counselling adolescents and adults using a person-centred approach and CBT and have conducted assessments of Intellectual functioning and Learning difficulties. I am passionate about promoting mental health and fostering overall well-being.

Work Experience

JUNIOR COUNSELOR

Mindtribe - Delhi, Delhi

January 2022 to September 2022

- Conducted one-on-one online therapy sessions for adolescents and adults, using CBT techniques and Client-centred approaches
- Conducted group therapy
- Planned and presented workshops
- Conducted psychological assessment
- Career counseling for adolescents

SENIOR STUDENT INTERN

COUNSELLING CENTRE -

Vadodara, Gujarat December 2019 to 2021

- Completed 144 hours of internship working with mild to moderate level severity of issues of teenagers and adults.
- Conducted psychological assessments like VSMS, BKT, SBIT and NIMHANS battery of SLD.
- Adhered to adolescents with special needs like ADHD and learning disabilities.
- Attended students for Aptitude testing and career counselling.
- Assessed client needs and developed treatment plans.
- Documented therapeutic goals and client progress.

Education

DOCTORAL DEGREE in Psychology

Manav Rachna International Institute of Research & Studies - Faridabad,
Haryana

September 2022 to Present

MASTER OF ARTS in Clinical Psychology

Maharaja Sayajirao University of Baroda -
Vadodara, Gujarat

August 2019 to July 2021

BACHELOR OF ARTS in Psychology

Christ University - Bengaluru, Karnataka

June 2016 to April 2019

Skills / IT Skills

- Empathy and understanding
- Enthusiastic Listener
- Non-Judgmental attitude
- Fluent in English and Hindi

Certifications and Licenses

Master Hypnotist and Practitioner of Self Hypnosis- California Hypnosis Institute

July 2023 to Present

- This is a certificate course of an introduction to clinical hypnosis level 1
- Self-hypnosis and Induction

Neuro-Linguistic Programming Practitioner- Level 1

September 2021 to Present

- Rapport building
- Dealing with Past, present and future
- Communication based on 5 senses
- Testing sensory perception