

# Samya Kansal

## Counselling Psychologist

Dedicated Counseling Psychologist with a strong passion for promoting emotional well-being and resilience. Experienced in individual counseling, psychoeducational workshops, and value-based education programs. Committed to creating safe, empathetic spaces that support personal growth and mental health for students, parents, and educators alike.

### Work History

#### 2025-04 - School Counselor

Current

*St Xavier's High School, Gurugram*

Conducted individual counseling and informal assessments, facilitated CACA classes and mental health workshops, contributed to ICPs, and engaged parents through seminars and awareness resources.

#### 2024-07 – School Counselor

2025-03

*Vibgyor High School, Gurugram*

Enhanced student well-being through individual counseling and informal assessments, facilitated mental health awareness workshops on topics, collaborated on ICPs, and engaged parents through educational resources and seminars.

#### 2022-10 - Clinical Psychology Intern

2022-10

*Manthan Hospital Neuro-psychiatric Center, Gurugram*

Implemented evidence-based interventions, conducted assessments, and facilitated psychoeducational groups while supporting case management, psychiatric diagnosis, and conducting psychometric assessments.

#### 2021-04 - Psychologist Intern

2021-05

*Moolchand Hospital, New Delhi*

Acquired hands-on experience in OPD, taking case histories, diagnoses, therapy, and psychological evaluations while developing intervention strategies and enhancing client coping skills through stress management and mindfulness techniques.

### Contact

#### Address

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#### Phone

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#### E-mail

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#### LinkedIn

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### Skills

- Multicultural Competence
- Compassionate
- Group and individual therapy facilitator
- Counseling and therapy (CBT, DBT, Mindfulness, etc.)
- Special Education
- Crisis intervention strategies and solution-focused
- Parent-teacher collaboration
- Empathetic and active listening
- Expertise in SPSS
- Individualized Education (IEP) and Counselling (ICP) programs
- Inter-personal Skills

## Education

- 2022-07 -  
2024-05

Master of Arts: Clinical Psychology

Amity University - Noida

  - Graduation with Distinction, 4, 2024
  - 8.16 CGPA
  - Recipient of Personal and Professional Skills Award, 2022-2024
  - Elected as class representative, 2022-2024
- 2019-08 -  
2022-04

Bachelor of Arts: Applied Psychology

Amity University - Noida

  - Hons., 6, 2022
  - Graduation with Distinction, 6, 2022
  - 8.02 CGPA
- 2018-04 -  
2019-03

High School Diploma

Apeejay School - Pitampura, Delhi

  - Final Grade: 77 %
  - Subjects: Physics, Chemistry, Biology, Home-Science, Physical Education

## Certifications

- Practitioner Certificate - Thematic Appreciation Test (TAT)
- Practitioner Certificate – Emotional Freedom Technique Level 2 (EFT-MRA)

## Accomplishments

- Published research paper: Relationship among Perceived Parenting Styles, Self-Concept, and Fear of Intimacy: A Correlational. Link to publication: <https://ijip.in/articles/fear-of-intimacy/>
- Dissertation: Relationship between spiritual intelligence, emotional intelligence, and personality among males and females: A co-relational research, (2022)
- Dissertation: The Influence of Perceived Parenting Styles and Self-Concept on Fear of Intimacy in Individuals, (2024)

## Software

- SPSS
- MS Office