



Mallika Dhagat

Trainee Counselling Psychologist

My journey with Psychology started in 11th class. Once I discovered the elements of the subject, I simply fell in love with it. Everyday, I learnt something new about human mind and behaviour. Soon I realized that I want my career in this field, where I can help people fight their struggles with mental health, spread awareness and de-stigmatize importance of mental health. My work experience has given me vast exposure in handling clients and understanding the counselling process. My master's degree has provided me the opportunity to learn and apply counselling skills and therapies on clients under supervision, which has enhanced my skill set and confidence. My fast pace at grasping new concepts and linguistic proficiency in speaking and writing, differentiates me from others and helps me build an effective rapport with my clients.

Contact

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Address

Delhi, India

Education

2021 - 2023

M.Sc. Counselling Psychology

Indian Institute of Psychology & Research, Bengaluru, India

2018 - 2021

B.A. (Hons) Applied Psychology

First Division

Amity University, Noida, India

2004 - 2018

High School Certificate

10th CBSE-CCE Board Score- 95% (10 CGPA)

12th CBSE Board Score (Science) - 94% (Best of 4 subjects)

Amity International School, Noida, India

Skill Set

Basic Counselling Skills

Group Counselling Skills

Psychological Assessments

Multicultural Competence

Knowledge of Therapies

Professional Values

Personal Values

Digital Software (MS Excel,

Canva, Google docx., ppt.)

Language Proficiency

English

Hindi

Experience

Jan 2023- Present

Indian Institute of Psychology and Research (IIPR), Bengaluru, India

Trainee Counselling Psychologist

Conducting counselling sessions for individuals with mental health concerns using the approach of psychotherapy, under supervision. Modalities adopted are CBT, REBT, SFBT, Behavioural, Gestalt, Narrative, and Humanistic approaches. Handled 20+ clients till date.

Jun 2023- Aug 2023

TALC - The Alternate Learning Community, Bengaluru, India

Trainee Child Mentor

Conducted EQ based activities (involving body, mind, intellect- BMI) for special needs students with Autism, ADHD, Anxiety, Depression, Learning Disabilities, Intellectual Disabilities, Giftedness, Down Syndrome, etc. The approach to learning was very unique and specially crafted to cater to each student. Also conducted remedial classes to cater to each student's struggles in academics through one-on-one sessions, under supervision.

Feb 2020- March 2021

Asmi Movement, New Delhi, India

SEL Based Session Planner and Conductor

Designed, planned and conducted social-emotional learning (SEL) based sessions for children of 7-12 years. Each session plan activity was backed by detailed research and was meticulously adapted to best serve learning for children. Feedbacks and observations were noted after every session. Conducted one-on-one sessions with specific children assigned to personally facilitate their learning. Joined as paid employ as an upgradation for my valuable contributions.

May 2019- Jul 2019

True Care Counselling, Noida, India

Session Planner and Marketing Intern

Designed, planned and conducted Psychoeducation based sessions on "Happiness" for elderly females under supervision. Worked for promotion and marketing of APAAR, an NGO under TCC. Also, observed counselling sessions, analyzed allotted case studies and provided suggestions for upcoming session plans.

Accomplishments

Completed Research Dissertation for Master's degree under the guidance of Dr. Elizabeth Jasmine, Professor and Principal, IIPR. Presented case and participated in panel discussion for case analysis at IIPR. Currently, providing individual and group counselling to clients, under supervision. Handled 20+ clients till date.

Interests

Art and Craft, Folk dances- Bhangra, Gidda, Garba, Dandiya; Pottery, Photography, Gardening, Table Tennis, Badminton, Baking.