



# ARANKSHA GUPTA

## COUNSELLING PSYCHOLOGIST

### Profile

Dedicated Counseling Psychologist with currently 2 years of experience in fostering emotional well-being and personal growth. Passionate about creating supportive environments where clients feel safe to explore their challenges and strengths. Skilled in evidence-based therapeutic techniques, I aim to empower individuals through compassionate listening and tailored interventions. Known for my collaborative approach and commitment to lifelong learning, I thrive on helping clients achieve meaningful change and resilience. Ready to bring my expertise and enthusiasm to a dynamic environment focused on making a positive impact in the community.

### Work Experience

- Worked as an **Assistant Psychologist** under Dr. Sheetal Sharma.
- Worked as a **Psychologist** at ND Care Nirogam Pvt. Ltd.
- Working as **Counseling Psychologist** at Chitkara International School, Office Of School Counseling
- Working as **PGT Psychology** at Chitkara International School.

### Education

#### PUNJAB UNIVERSITY

2017-2020

Bachelor Of Arts Psychology Honors

#### CHANDIGARH UNIVERSITY

2021-2023

Masters In Psychology

### Skills

- Observational Skills
- Problem Analysis & Solving
- Interpersonal Communication
- Critical Thinking
- Flexible and Adaptable
- Dependable and Responsible
- Planning and Coordination
- Teamwork and Collaboration
- Creative and Out of the Box Thinking
- Active Listening
- Empathetic

# Certifications

**2021-07**

- Doodle Analysis Workshop

**2021-06**

- Webinar on Anger-Management and How to avoid overthinking and negative thoughts.

**2021-06**

- Delusional Disorder Workshop

**2023-04**

- Hypnotherapy Workshop

**2024-25**

- Cognitive Behavioral Therapy Practitioner Certification

**2024-25**

- Play & Art Therapy Practitioner

# Contact



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