

SAEEDA MARYAM

MENTAL HEALTH COUNSELOR

DETAILS

ADDRESS

4/706, ZOHRA BAGH,
NAGLA ROAD,
ALIGARH, 202002
INDIA

PHONE

8630549931

EMAIL

saeeda019maryam@gmail.com

DATE/PLACE OF BIRTH

19/07/1996, ALIGARH(UP).

DRIVING LICENSE

NO

NATIONALITY

INDIAN

LINKS

www.linkedin.com/in/

SKILLS

- Learning disability Awareness
- Facilitating counseling Sessions
- Daily living activities Educator
- Case Management Proficiency
- Management Skills
- Highly Responsible and Reliable
- Complex Problem Solving
- Initiative and Problem Solving Abilities

PROFILE

- Dedicated empathetic, solution-oriented mental health counsellor successful at managing multiple priorities while maintaining a strong work ethic and exhibiting a positive attitude offering 3+ year background implementing effective plans and providing exceptional care for children, adolescents and adults suffering from mental health issues. I am collaborative and team-oriented professional quickly establishes trust and rapport with clients.
- To seek and maintain a full-time position that offers professional challenges utilizing interpersonal skills, excellent time management and problem-solving skills. Working knowledge of therapeutic modalities such as anger management and grief counselling.
- Organized and dependable candidate successful at managing multiple priorities with a positive attitude, willing to take on added responsibilities to meet team goals.
- Empathetic professional with hands-on experience providing quality psychological services to children and adults.
- Committed to reinforcing positive feelings and behaviours in students/clients, thus helping students/clients to lead healthier and happier lives.

EMPLOYMENT HISTORY

MENTAL HEALTH COUNSELLOR, THE BLOSSOMS SCHOOL

ALIGARH

Nov 2019—Present

- Awarded of Microsoft Innovative education-2022.
- Educated clients and their families about mental health and behavioural issues, providing resources and guidance to them
- Provided emotional physical and mental health condition
- Used advanced counselling skills and evidence-based practices to establish goals and intervention plans with clients.
- Led counselling group to discuss topics such as eating disorders and relationships, anxiety, and low self-esteem issues.
- Implemented and developed a core counselling program to meet each individual's specific and valued needs.
- Fostered positive student experiences and encouraged students to consider the mental health field as a career option.
- Assessed mental health needs to determine the nature and extent of the client's emotional behavioural or mental health issues.
- Documented clients' progress to keep detailed notes on each client's treatment progress and changes in mental health status.
- Completed one-on-one counselling with a broad range of clients suffering from various difficulties.

EARLY CHILDHOOD SPECIAL NEEDS EDUCATOR, THE BLOSSOMS SCHOOL

Jul 2020 – present

- prepare, schedule and lead IEPs to provide the right help to meet the child's present needs.
- Evaluated student progress toward established annual and quarterly goals.

- Good time management
- Hard working
- Leadership and teamwork
- Microsoft excel

- Helped with home management like meal preparation grocery shopping and routine cleaning
- Developed positive relationships with colleagues and students within the caddarium to implement a full inclusion model
- Developed data using taking mechanisms and analysis to drive instruction and monitor student progress
- Redirected behaviour issues using positive reinforcement method resulting in a decrease in tantrums in the classroom.
- Established a safe play environment for student.
- Collaborated with parents to improve learning quality and develop individualized student progress
- Administered interpreted and reported student evaluation to parents and guardian
- Development and taught engaging and development appropriate lesson plans to dig gerent needs for learners
- Assessed student achievement through data analysis and maintained appropriate documents for school-based and individual reposing purposes engaged in student discipline strategies to manage student behaviour and build relationship
- Fostered reasoning and problem-solving skills through active exploration games and activities
- Demonstrative creativity and resourcefulness through the development of innovative solution
- Particularly in team projects demonstrating an ability to work collaboratively and effectively
- Learned and adapted quickly to new technology and software application

TELE COUNSELLOR, SPEAKING CUBE, NEW DELHI.

NEW DELHI

Mar 2020—Jun 2020

- I have taken tele-counselling sessions with clients battling with post-COVID stress.
- Provide Grief tele-counselling sessions to the caregivers of COVID patients.
- Developed and implemented evidence-based interventions that improved client's overall mental health and well-being
- Provide emotional and psychological support to clients helping them to cope with physical and mental health conditions

TELE COUNSELLOR, ALIGARH MUSLIM UNIVERSITY.

ALIGARH

Aug 2021 – Oct 2021

- Provided tele-counselling session (during COVID) to the hostellers [male & females]
- Used advanced counselling skills and evidence-based practices to establish goals and intervention plans with the clients.
- Implemented and developed core counselling programs to meet each specific and varying needs.
- Completed one-on-one counselling with a broad range of clients suffering from various mental health issues.
- Adhered to ethical and legal standards for confidentiality, protecting client's privacy.

EDUCATION

PG Diploma in Counselling and Guidance, Centre for Distance Education (ALIGARH MUSLIM UNIVERSITY)

ALIGARH

Jun 2019 – Jun 2020

Life membership of "Counsellor's Council of India" CRN NO: - **CRN98304334**. ALIGARH

MASTER OF ARTS (PSYCHOLOGY), Aligarh Muslim University

ALIGARH

Jul 2017 – May 2019

- Received merit scholarship in MASTERS,

LANGUAGES

- HINDI
- ENGLISH

BACHELOR OF ARTS (PSYCHOLOGY), ALIGARH**MUSLIN UNIVERSITY**

Jul 2014 – May 2017

- Awarded 2nd position in ramp walk in college hall week event represented women empowerment (group performance).
- Awarded 3rd position in ramp walk in college hall week, represented attires of different countries, (group performance).

+2, SENIOR SECONDARY SCHOOL (+2) (AMU)

ALIGARH

Aug 2012 – Mar 2017

- Awarded as RUNNER-UP (TABLE -TENNIS) 2012.
- Awarded as RUNNER-UP (TABLE-TENNIS) 2014

HIGH SCHOOL, ALIGARH PUBLIC SCHOOL

ALIGARH

Apr 2010 – Mar 2011

COURSES

CERTIFICATE COURSE IN SPECIAL EDUCATION NEEDS TEACHER TRAINING – (ONLINE), LONDON COLLEGE OF TEACHERS TRAINING-BANGALORE.
MAR 2020 – NOV 2020 -LCT/10/202100091617.

TRAINING PROGRAM-ESSENTIALS OF SCHOOL COUNSELLING, MIGHTY MIND (ONLINE)
Dec 2020 – Dec 2020

TRAINING COURSE ON CHILD PSYCHOLOGY (ONLINE)., FOBET.CO-NOIDA, INDIA
Aug 2021 – Sep 2021

CERTIFICATE COURSE IN NEUROPSYCHOLOGY (ONLINE)., IMPHS, TAMIL NADU, INDIA
Aug 2021 – Sep 2021

CERTIFICATE COURSE ON HYPNOSIS, UNIQUE PSYCHOLOGICAL SERVICES-NEW DELHI
Aug 2023 – Sep 2021

CERTIFICATE COURSE ON ART THERAPY -PSYCHO FLAKES- Reg.No-CET23210326.
OCT-2023-DEC-2023.

WORKSHOPS & CONFERENCE.**ATTENDED AND ORGANISED.**

2019 – 2023

- Organized one day workshop on “intelligence” by
- Prof. Sarah Javed – 2019 (AMU)
- “Career counselling” By Exploring Psychology-2020.
- “Refreshing through Creative Arts” BY MIGHTY MIND-2020.
- “Psychological assessments”- BY WORLD OF PSYCHOLOGY-2020.
- “Cognitive Behavioural Psychology”- BY EXPLORING PSYCHOLOGY-2020.
- cognitive Behavioural Psychology BY EXPLORING PSYCHOLOGY-2020.
- Conducted a one-day virtual workshop on “gender sensitivity” in 2021.
- “Mindfulness” BY Dr. Christopher Willard. Harvard medical school-2022.
- 3-Day Virtual International Conference on –MINDFULNESS IN ACTION TO CREATE A FAIRER WORLD-BY SPEAKING CUBE-22ND -24TH OCTOBER-2022.
- “Developmental Screening Test-BY World of psychology-2022
- “Strategies for Specific Learning Disability” BY SAMARTHYA-NURTURE A BETTER YOU -2022.
- “Interventions for specific learning disorders”-BY SAMADHAN GOYAM MENTAL HEALTH WELLNESS AND CHILD DEVELOPMENT-2022

- “Multi-sensory Needs for children with special needs”-BY VRIKSH PSYCHOLOGICAL SERVICES-2023
- Conducted one day workshop on “Management of Atypical and Typical Children In An Inclusive Classroom”-2023

INTERNSHIPS

Psychology Intern, MOOLCHAND MULTISPECIALITY HOSPITAL

NEW DELHI

Jun 2018 – Jun 2018

- Identified psychological, emotional or behavioural issues and diagnosed disorders using information obtained from evaluation techniques.
- Facilitate group therapy sessions to provide an interactive and supportive environment for clients to process experiences and learn new coping skills.
- Counselling individuals and groups regarding problems such as stress substance abuse or family situations to modify behaviour to improve personal adjustment.
- Participated in workshops and presentations related to psychology fields to gain knowledge.
- Analysed problems and worked with teams to develop solutions.
- Remained energetic and demonstrated passion for helping clients by applying active listening.
- Cultivated and maintained relationships in culturally diverse communities
- Interacted with clients to assist in gaining insight, defining goals and planning action to achieve effective personal development and adjustment.
- Proven ability to develop and implement creative solutions to complex problems.

Clinical Psychology Intern, RAM MANOHAR LOHIA HOSPITAL

New Delhi

Jul 2019 – Aug 2019

- Offered perspective on the effectiveness of treatment concerning conditions such as depression and anxiety.
- Identified indications of mental deficiency and abnormal behaviour of maladjustment through direct observation.
- Collected information about individuals or clients using interviews observation techniques and other assessment methods.
- Remained energetic and demonstrated passion for helping clients by applying active listening
- Performed intake by conducting MSE to establish key information as well as assessing the client's apparent mental state.
- Observed clinical psychology staff and attended 1 month of supervision to develop practical knowledge and abilities.
- wrote reports of clients and maintained required paperwork.

Clinical Mental Health Counselling Intern, UNIQUE PSYCHOLOGICAL SERVICES.

New Delhi

Jan 2021 – Jan 2021

- attended training to participate in regular supervision and continued education to maintain professional competence and ethical standards.
- Stayed current on mental health research to follow new developments and research in the mental health field.
- Worked collaboratively with other mental health professionals to provide consistent care and minimize diversion.
- Observed and monitored client behaviour and response to treatment.
- Adhered to ethical and legal standards for confidentially protecting client's privacy.

- Consulted with other staff members regarding treatment plans as deemed appropriate by the team leader.
- Assessed mental health needs to determine the nature and extent of the client's emotional behavioural mental health issues.

EXTRA – CURRICULAR ACTIVITIES

DOCUMENTARY- INDIA MARVEL AND MISTERIES- ROBIN ROY FILMS.

AIRED ON HISTORY TV 18.

ALIGARH

Oct 2023 – Oct 2023

PLAYED A LEAD ROLE – NOOR JAHAN