



ROSELIN CHETIA

Professional Psychologist



Profile

A compassionate psychologist with a Master's in Psychology and experience in clinical, CCI, NGO, and rehabilitation settings. Proficient in mental health assessment, counselling, intervention planning, and play therapy. Currently working as a Behavioural Therapist, with prior training experience at NIMHANS Hospital.



Expertise

- Mindfulness-based interventions (breath awareness, body scan, grounding techniques)
- Cognitive-behavioral strategies (thought records, cognitive restructuring)
- Relaxation methods (progressive muscle relaxation, guided imagery)
- Applied Behavior Analysis (ABA)
- One-to-one counselling
- Child and adolescent counselling
- Parental guidance counselling

SKILLS

- Problem-solving, cultural competence, teamwork, clinical skills, ethical practice, conflict resolution, empathy
- Microsoft Excel (Advanced)



Professional Experience

1- Experience at NIMHANS Hospital (External trainee)

- Conducted mental health assessments for individuals. • Provided one-on-one and group counselling sessions, utilizing evidence-based therapeutic techniques. • Assisted in creating personalized intervention plans based on the needs of patients. • Observe Rounds and case discussions included by a senior psychiatrist, clinical psychologist, and social worker, each presenting their unique method and viewpoint

2- Experience in Child Care Institutions (CCI)(SOS VILLAGE)

SOS Village CCI (Intern)

- Conducted sessions on mental health and its importance. • Facilitated anger management workshops for children and adolescents. • Educated on health and hygiene practices.

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Delhi

Education

• Advance Diploma in Child Guidance and Counseling National Institute of Public Health and Child Development (RCI)

• Masters in Applied Psychology 2021-2023
Dibrugarh University

• Bachelor of Arts 2021 Major- Psychology
Don Bosco University

• Passed 10+2 Aryabhatta Co-Ed
Academy

• Passed 10
Jeruel English School

Certification

Diplomaincomputerapplications
Post Graduate in Computer
applications

Personal details

- **Father's Name: Babul Chetia**
- **Mother's Name: Kamla Chetia**
- **Gender: Female**
- **Nationality: Indian**
- **Religion: Hindu**
- **DOB- 05/10/1999**

Languages

English
Hindi
Assamese
Nepali



Professional Experience

- Addressed developmental issues specific to adolescent girls.
- Provided training on cyber security and online safety.
- Discussed positive parenting techniques and alternative discipline methods.
- Delivered information on substance abuse and its impacts.
- Led life skills sessions to enhance personal development.

Additional Responsibilities

- Provided psychological support and counseling to children in care.
- Conducted play therapy to help children express emotions and heal from trauma.
- Designed therapeutic programs for emotional and behavioral challenges.
- Collaborated with caregivers and staff to foster a nurturing environment.
- Monitored progress through regular assessments and adjusted care plans as needed.

3. School placement (Kendriya Vidyalaya Experience)

Dates: (Time Period 24 days)

- Gained an understanding of the school system and its functioning.
- Observed and assessed the developmental characteristics of children across various stages and domains.
- Provided strategic feedback to teachers based on observations and assessments of students.
- Participated in school mental health initiatives to promote well-being.
- Conducted preliminary educational assessments to identify symptoms of learning disorders.
- Facilitated life skills and functional skills education through group activities.
- Organized career talks to help students explore future opportunities.

4 .Clinical Experience In (Child Guidance and Counselling)

Dates: (period 10 days)

- Conducted intake assessments and developed treatment plans for clients in clinical settings.
- Administered psychological tests and assessments to identify mental health conditions.
- Facilitated individual and group therapy sessions, addressing issues such as anxiety, depression, and trauma.
- Regularly engaged with supervisors and senior clinicians for case reviews and feedback.
- Kept detailed records of client progress and adjusted therapeutic approaches as necessary.



Professional Experience

5. Illa Snehalaya NGO, Guwahati (Intern) Dates: (Time period 10 days) • Reviewed case files of orphaned and rescued children, gaining insight into their histories and care needs. • Conducted educational activities and group discussions on mental health awareness for children. • Engaged children through play therapy and recreational games to foster emotional expression and social skills. • Collaborated with staff to develop supportive programs for underprivileged youth, aligning with the NGO's motto of taking children off the street and empowering them.

6 Ashadeep (Mental Health Trainee)

Dates: (Time Period- 10 days)

- Worked with children with various mental disorders, providing emotional support and motivation to enhance their capabilities.
- Assisted in therapeutic activities designed to improve cognitive and social abilities of children with disabilities.
- Observed and supported the implementation of individualized care plans, contributing to the overall well-being of the children.
- Collaborated with healthcare professionals to monitor progress and adapt interventions.

7. Ayushmaan (Mental Health Trainee)

Dates: (Time Period 10 days)

- Conducted group therapy sessions focused on addiction recovery and psychological issues, promoting peer support and engagement.
- Led activities aimed at improving client engagement and mental health outcomes.
- Performed individual screenings of clients to assess their mental health conditions and better understand their needs.
- Gained hands-on experience working in a multidisciplinary setting, contributing to treatment, prevention, and education programs related to mental and social health.

8. Behavioural Therapists (Therapist)

- Conducted one-on-one sessions with children focusing on communication, social skills, sensory needs and etc
- Used structured activities like color identification and greetings to support development.
- Maintained progress records and collaborated with caregivers.