



Japnit Kaur

Counselling Psychologist

My Contact

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☎ 9911712121

📍 Banaglore, India

Hard Skill

- Counselling Skills in **individual** and **group** settings
- Trained in **CBT, REBT, SFBT, Relaxation techniques**
- **Psychological Assessments**
- **Multicultural Competence**
- **Digital Software** (MS Excel, Canva, Powerpoint)
- **Graphic Designing**
- **Social Media Management**

Soft Skill

- **Observation and Listening Skills**
- **Empathy**
- **Patience**
- **Communication**
- **Interpersonal and Organisation skills**

Education Background

- **MSc. Counselling Psychology**
Indian Institute of Psychology and Research, Bengaluru
2021- 2023
- **B.A (H) Psychology**
2018- 2021
Delhi University
University of Delhi
- **High School Education**
Mount Carmel School, Dwarka, New Delhi
Class 10th - CBSE- GPA 8.4
Class 12th - CBSE - Commerce- 94.75%

Interests and Hobbies

jap_naach ▾



Japnit Kaur 🌟
Dancer

292
Posts

20.9 k
Followers

432
Following

Fostered a community of over 20,000 engaged followers, honing my content creation, audience engagement, and social media management skills improving my proficiency in digital communication.

About Me

Dedicated and an empathetic budding counselling psychologist devoted to providing and implementing effective treatment plans for children and adults. I have an inclination towards working with the special-needs community and children. My experience in the field has helped me to equip myself with the necessary professional and personal skills. I am willing and open to new learning experiences and be an asset to the society.

Professional Experience

Indian Institute of Psychology and Research (IIPR), Bengaluru, India
Trainee Counselling Psychologist | Jan 2023- Present

Hands-on experience at the esteemed Indian Institute of Psychology and Research, where I had the opportunity to conduct counselling sessions with over 20 clients under the supervision of experienced mentors. Developed a strong foundation in therapy approaches, including Cognitive-Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Solution-Focused Brief Therapy (SFBT), and Behavioral Therapy.

The Alternative Learning Community, Bengaluru, India
Trainee Child Mentor | Jun 2023-Aug 2023

Conducted EQ activities (involving mind-body-intellect) for students with diverse needs, including cognitive struggles, socio-emotional issues, and transitional challenges of students with Autism, ADHD, Intellectual Disability and Giftedness, Learning difficulties, down syndrome etc. The approach included personalized Remedial Classes to improve memory and recall skills.

Rotaract District 3011

Charter President and Sub-District Secretary | 2018-present

Active member of Rotaract District 3011 for over four years, holding key leadership roles. I began as the Charter President of "The Rotaract Club of Ingenious Minds," later serving as a board member. Additionally, I assumed the role of Sub-District Secretary for the district. My active participation in skill development, community service, and networking events has been instrumental in my Rotaract journey.

Baatcheet - The Yanai Foundation

Community Engagement and HR Coordinator | Baatcheet Foundation | Oct' 2020 - April'23

As a Core Member at Baatcheet Foundation (2020-2023), I served as both Community Engagement Lead and HR Coordinator, conducting anonymous support group sessions. I also managed intern and member recruitment, overseeing performance evaluations for a productive work environment.

Other Experience

- **Successfully completed Masters Dissertation under the guidance of Professor & Principal, Indian Institute of Psychology and Research**
- **Youth for Mental health | Research Training Internship | Dec'20**
- **Smile Foundation| Mission Education Project | June '19**
- **Fortis Hospital | Summer Internship | May 2017**