

Gunjan Tewari

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Professional Experience

Practising Clinical Psychologist, Psychotherapist, Psychometrician **1997 – Present**

- Delivered treatments for patients with Anxiety, Depression, OCD, Conversion Disorders, Psychosomatic Disorders
- Deployed an eclectic mix of CBT, Behaviour Therapy, Behaviour Modification, Client Centred Therapy

Practising Psychoanalyst **2010 – Present**

- Member of International Psychoanalytical Association, Indian Psychoanalytical Society

Registered Psychologist

- Rehabilitation Council of India – CRR No. A 18714 -2010

School Counsellor, La Martiniere for Girls, Kolkata, India **2009 – Present**

- Counsellor **50+ individual students on a weekly basis** for behavioural, academic, psychosocial issues, and developmental disorders
- Spearheaded annual careers counselling sessions for **batch of 200 students**
- Administered battery of tests for **Career Counselling** – Aptitude, Interest, Personality, Values
- Designed and implemented year long school programs on Peace, Citizenship, Empathy, and Life Skills
- Successfully innovated solutions for Anti-Bullying campaigns, fostering a safer and more inclusive school environment
- Created and led workshops for students on – Social Emotional Skills; Stress, Anger, Time Management; Eating Disorders; Substance Abuse; Mindfulness; Conflict Resolution, among many others
- Coordinated sessions with industry experts and professionals on cyber-bullying, social media addiction, acid attacks and others.
- Designed and executed workshops for teaching staff on Behaviour Management in Classrooms, Mojo, Teachers as Counsellors, Circle Time, Administering Paediatric Symptom Checklist (PSC), Implementing Life Skills, among others
- Member and Resource Person of the school **POCSO Committee**
- Delivered sensitisation sessions to parents on child and adolescents' issues through individual counselling, workshops, and articles on the school website.

Psychologist, Manochikitsa.com – Online Counselling Portal **2022 – Present**

- Counsellor and assisted **700+ patients representing a global population** in less than 2 years, as a Counsellor and Psychotherapist

Resource Person **Since 2005**

- Led Behavioural workshops for corporate, social, and non-governmental organisations such as **Optum Inc., Oxford Mission**, Friends of Tribals Society, Dakshin Kalikata Sevashram – Orphanage for Boys, among others
- Independently conducted Webinars on Mental Health, Behavioral Problems of Childhood
- Invited to participate in Panel Discussions on Television

Teaching Experience

Guest Lecturer, Girindrashekhar Institute of Psychological and Educational Research, Affiliated to Netaji Subhash Open University, Kolkata, India **2011 – 2016**

- Delivered lectures to students enrolled in Post Graduate Diploma in Psychological Counselling, courses such as Psychodiagnostics, Counselling and Psychotherapy
- Supervised Dissertations and conducted theory, practical and viva voce examinations
- Conducted Curriculum Appraisal

Guest Lecturer, Manovikas Kendra -Training and Research Centre for Special Education **2005 – 2013**

- Designed and facilitated lessons for students pursuing Bachelors in Special Education
- Facilitated courses such as ABA, Behavior Modification, Behavior Therapy, Developmental Disorders and its Management, Growth and Development, Guidance and Counselling, Psychodiagnostics, Statistics.
- Taught under the 'Continuing Rehabilitation Education' program of the Rehabilitation Council of India

Awards

- Passed the **National Eligibility Test**, Eligibility for Lectureship in Universities and Colleges of India **1999**
- Awarded the **National Scholarship Scheme of Government of India** Scholarship **1995**

Writings

- 'Transformation of Aggression to Aggressive Symptoms'
- 'Aggressive Instincts and its Different Forms'

Education

Ph.D. in Applied Psychology, University of Calcutta, India **2002 – 2008**

- Complete Thesis available [here](#).

Masters in Science- Applied Psychology, University of Calcutta, India **1995 – 1997**

- Specialisation in Clinical Psychology
- Courses taken – Cognitive, Educational, Counselling, Clinical, Forensic, Personality and Social Psychology, Psychometry, Research Methodology, Psychodiagnostics, Psychotherapy. Practicum Dissertation
- Grade Obtained – **First Class; GPA-3.73; Credits- 41 (WES credential)**

Bachelors in Science, Gokhale Memorial Girls College, University of Calcutta, **1992 – 1995**

- Major – Psychology
- Minor – English, Economics, Education
- Grade Obtained – **First Class; GPA-3.14; Credits-126 (WES credential)**

Other Certifications

- Foundations of Positive Psychology, Coursera, University of Pennsylvania **2023**
 - Masters in Hindi, Indira Gandhi National Open University **2020 – Ongoing**
 - Vedanta and Advanced Vedanta Course, Chinmaya International Foundation, Ernakulam, India **2020**
 - Post Graduate Diploma in Vaastu Shastra (Ancient Science of Architecture) Government of Rajasthan, India **2019**
 - Certificate in Play Therapy, Samikshani, Centre for Psychoanalytical Studies and Mental Therapy **2015**
 - EPICT Certification Course, (Technology in Classrooms), NIIT, India **2013**
 - Certificate in Guidance, Indira Gandhi National Open University [Grade – First Class] **2001**
 - Diploma in **Human Resource Development**, National Institute of Personnel Management, Chennai, India, [Grade – First Class] **2000**
 - Diploma in Interior Designing, Jenson & Nicholson, India **1993**
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Conferences and Workshops

- Jenny Mosley's - 'Quality Circle Time'
 - Working with Children & Adolescents with Learning Difficulties & Autism
 - Challenges in Meeting Mental Health Needs of Children and Adolescents in Schools
 - Building Schools That Care
 - Family Health Education for Educators to deal effectively with Sexuality issues in Adolescents
 - Classroom Management Techniques, Council for Indian School Certificate Examination
 - Stress Management, Council for Indian School Certificate Examinations
 - Students' Mental Health, University of Calcutta
 - School Mental Health, Institute of Neuroscience, Kolkata
 - International Autism Conference, India Autism Centre, Kolkata
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Research Interests

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| • Children and Adolescent Issues | • Mothering and Parenting |
| • Social Emotional Learning | • School Milieu, School Systems, Teaching Methodologies |
| • Happiness, Self-Actualisation and Positive Psychology | • Relationship Of Culture and Communities to Mental Health |
| • Marriage and Relationship Dynamics | • Religion, Spirituality and Psychological Well Being |
| • Family Dynamics | • Mindfulness Meditation |
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