

Khushi Agarwal

Counselling Psychologist

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Profile

Accomplished Psychologist with an experience of 3 years in treating individuals with complex physiological and emotional conditions. Kind and personable during patient appointments with exceptional talent for diffusing high-stress situations. Dedicated to patient outcomes with focus on communicating with family members and communicating with staff to offer resources and information.

Work History

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| 12/2021 – present
Patna | Litera Valley School, School Counselor <ul style="list-style-type: none">• Provided crisis intervention in response to emergencies, employing existing trust and rapport to deescalate situations.• Identified cases of domestic abuse or other family problems and encouraged students or parents to seek additional assistance from mental health professionals.• Collaborated with parents, school faculty and social workers to address problems and grow student success.• Helped students develop organizational, time management and study skills. |
| 07/2021 – 09/2021
Faridabad | MyndEye, Life Skill Expert <ul style="list-style-type: none">• Used critical thinking to break down problems, evaluate solutions and make decisions.• Participated in team-building activities to enhance working relationships.• Quickly learned new skills and applied them to daily tasks, improving efficiency and productivity. |
| 08/2019 – 09/2021
Patna | Disha De-addiction cum Rehabilitation centre, Counselling Psychologist <ul style="list-style-type: none">• Conducted patient observations by monitoring behavior and documented physical health, family history and medications in mental health assessment reports.• Trained future psychologists on best practices, counseling techniques, assessment and consultation.• Evaluated patients' goals, as well as mental and practical conditions, to develop individualized courses of treatment.• Counseled individuals and groups regarding problems such as stress, substance abuse or family situations to modify behavior to improve personal adjustment. |
| 09/2017 – 10/2018
New Delhi | The Education Tree, Team Leader <ul style="list-style-type: none">• Improved team efficiency and productivity by restructuring workflow and managing assignments.• Contributed to interviewing process and made new hire recommendations. |

05/2018 – 07/2018 Patna	Patna Medical College Hospital, <i>Clinical Psychology Intern</i> <ul style="list-style-type: none"> • Observed clinical psychology staff and attended 60 hours of supervision to develop practical knowledge and abilities. • Assisted licensed practitioners in diagnosis and treatment of chemical dependencies and psychiatric conditions. • Referred patients to specifi
07/2017 – 09/2017 New Delhi	The Education Tree, <i>Marketing Intern</i> <ul style="list-style-type: none"> • Contributed to mock-ups, email campaigns and social media content. • Helped with planning and hosting of marketing events. • Organized logistics and materials for each meeting, arranged spaces and took detailed notes for later dissemination to key stakeholders.
06/2016 – 07/2016 New Delhi	Sir Ganga Ram Hospital, <i>Clinical Psychology Intern</i> <ul style="list-style-type: none"> • Presented case history material to review and discussion with other staff members. • Assisted licensed practitioners in diagnosis and treatment of chemical dependencies and psychiatric conditions.

Education

07/2019	Indira Gandhi National Open University, <i>Master of Arts: Psychology</i>
08/2016 – 05/2019 New Delhi	Ambedkar University Delhi, <i>Bachelor of Arts: Psychology</i> <ul style="list-style-type: none"> • Graduated with 6.21 GPA.
06/2014 – 07/2016 Hisar, Haryana	Vidya Devi Jindal School, <i>High School: Humanities</i> <ul style="list-style-type: none"> • Passed with 93.5%.