

PREETIKA KAPOOR

LICENSED COUNSELLING PSYCHOLOGIST

PROFESSIONAL SUMMARY

Compassionate and Skilled Mental Health Professional with more than 10 years of clinical experience, providing Psychotherapy, Coaching and Counselling services to diverse population to individuals and groups in virtual and in-person settings. Skilled in offering exemplary case management with expertise in diagnose and treatment of emotional disturbances and mental health disorders to encourage long term client recovery.

WORK HISTORY

Consultant Clinical Psychologist-Part Time, 10/2018 to 10/2022

Dr. Nikhil Raheja's Clinic

- Scheduling patient consultations and maintaining records of psycho-diagnostic report.
- Assessing patients and identifying their problems. Engaging in discussion with patients and making them feel comfortable.
- Implementing individualized treatment programs and undertaking psychometric testing.
- Organizing a long-term counselling plan that involves multiple visits. Offering services to all age groups.
- Keeping a detailed account of patient mental health history. Being patient and building relationships based on trust.

Licensed Psychologist & Psychotherapist, 08/2021 to 08/2022

Mind eye solutions Pvt. Ltd.

- Conducted patient observations by monitoring behavior and documented physical health, family history and medications in mental health assessment reports.
- Documents therapy in accordance with policies and procedures regarding as per SOPs laid for mental health professionals; implements and adheres to policies which ensure patient confidentiality.

CONTACT

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Email:

preets_scorpion@yahoo.com

Address:- New Delhi

SKILLS

- Patient screening
- Communication Skills
- Therapeutic Interventions
- Active Listening Skills
- Adaptability
- Proficient with Microsoft Word, Powerpoint, Office, Outlook, Teams, Zoom and Excel
- Multitasking Abilities
- Analytical and critical thinking
- Assessment and Diagnosis
- Mental health first aid
- Individual and group therapy
- Problem solving skills
- Knowledge of Psychological theory
- Child Psychology & Behavioral Issues

- Participation in educational programs, in-service meetings, clinician meetings, and workshops to enhance professional development and maintain currency of methodology and techniques.
- Helping students serving psychological internships with the organization, online therapy and conducting online sessions.
- Identify psychological, emotional or behavioral issues, Diagnose psychological, emotional or behavioral disorders.
- Presented implementation guides to clinicians outlining interventions focused on various specific issues.
- Counseled individuals and groups regarding problems such as stress, substance abuse or family situations to modify behavior to improve personal adjustment.
- Conduct assessments including psychological tests as and when required to assess various human processes, functions, structures and psychopathology affecting day-to- day functioning.

PRECEDING ASSIGNMENTS

**CONSULTANT COUNSELLING
PSYCHOLOGIST, 08/2018 to 12/2019
MANOBAL KLINIK**

**CHILD & ADOLESCENT PSYCHOLOGIST,
10/2017 to 06/2018
PALS CLINIC**

**Volunteer Clinical Psychologist, 05/2017 to 09/2017
WEST DELHI PSYHIATRIC CENTRE**

**Associate Psychologist, 12/2015 to 10/2017
MANOBAL KLINIK**

**CLASS COUNSELLOR, 10/2013 to 06/2015
MOTHERS PRIDE**

**COUNSELLOR in a non-profit organization,
02/2013 to 11/2020
ECOLIS DE LA TERRE Welfare Society**

PERSONAL PROJECTS

EDUCATION

**Post-Graduation diploma,
Rehabilitation
psychology, 2020
CRSU UNIVERSITY -
RCI AFFILIATED, India**

**Bachelors of Education,
2019
Chaudhary Ranbir Singh
University**

**Post-Graduation
Diploma, Guidance and
Counselling, 08/2017
Jamia Millia Islamia
University - India**

**Masters in Psychology,
08/2016
BA PROGRAMMING,
08/2007
Delhi University,
Miranda House - Miranda,
India**

AFFILIATIONS

- Member, Institution of Rehabilitation Council of India
- Member, Counsellors Council of India

ACHIEVEMENTS AND COURSES

- Conducted a workshop on 'Good touch and Bad touch' at Sant Nirankari Public School, (09/2017)

- THE study on the effect of self-concept and school adjustment in adolescents of Delhi Public Schools: a correlational study (12/2015 – 03/2016)
 - Have done psychometric assessment in Lancer's convent school, Rohini, New Delhi under the guidance of PALS- team. (12/2017)
 - Conducted a workshop on 'Good touch and Bad touch' at Sant Nirankari Public School, New Delhi (09/2017)
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- C+, DIIT course from NIIT
 - Desktop publishing course from Aptech Institute.
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LANGUAGES KNOWN

English, Hindi, Mandarin Chinese (Level-1), Punjabi

INTERNATIONAL EXPERIENCE

- **Community Health Ambassador at PCHS (part-time) Canada, Ontario**
- **Case Manager- Mental Health at PCHS 01/2023 Ontario, CA Jan2023**
- **Instructor Therapist- Sensational Kids Therapy Service Ontario, CA**