

# ANURADHA SINGH

Counselling Psychologist and Psycho-therapist with 2 years of experience

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## Objective

Empathetic, effective, and motivated Mental Health Professional with a proven proactive and positive approach demonstrated of clinical experience. Seeking a position to provide psychotherapy and counselling to children adolescents adults with the help of behavioral therapeutic techniques.

## Key Skills

- Hypnotherapy
- Test administration ( MISIC, WAPIS, Bhatiya-battery, PGI-BBD, Rorschach Ink-blot Test, Personality Tests, Cognitive Test administration )
- Case history & report writing
- Ms Excel
- Power Point

## Certifications

- Certified Practitioner Level in Hypnotherapy

## Experience

### Counselling Psychologist (Remote) | Click2Pro | OCT 2023 – Present

- Successfully managed taking online counselling sessions via zoom and google meet.
- Taking more than 600 Individual sessions of having concerns like Anxiety, Depression, adjustment issues, relationship issues, career related issues.
- Taken session of more than 150 clients, where most of the time successfully handled the cases and got positive feedback from the client most of the time.
- Successfully maintained the Google sheet of related information of clients such as number of sessions and follow up schedule.

### Counselling Psychologist | Varanasi Psychiatry Centre | Feb 2023 – March 2024

- Delivered evidence based therapeutic interventions, adapting techniques as needed to suit the unique needs of each person, fostering resilience and promoting recovery.
- Conduct comprehensive psychological assessments for individuals presenting with a range of mental health conditions, integrating information from interviews, tests, records, and reference materials to develop tailored treatment plans.
- Collaborate closely with other healthcare professionals within Varanasi Psychiatry Centre, participating in multidisciplinary team meeting to discuss treatment plans and progress for shared clients.

# ANURADHA SINGH

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- Contribute to the training and supervision of junior psychologists and psychology students, sharing knowledge and experience to foster their professional growth.

## Emotional Care Coach | Young Skilled India | JAN 2022 – JULY 2022

- Conducted one-on-one coaching sessions with participants, providing them with personalized support and guidance in developing emotional coping strategies.
  - Facilitated workshop and training sessions on emotional techniques for diverse groups.
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## Internship

### Samvedana Centre for Neuropsychological rehabilitation programme

- Conducted individual and group counseling sessions for over 20 clients weekly, offering vital psychological support and guidance.
- Formulated and executed customized treatment plans, contributing to a substantial surge in client satisfaction.
- Partnered with a multidisciplinary team to evaluate and diagnose mental health conditions, guaranteeing holistic care for each client

## Young Skilled India

- Developed and delivered personalized training programs to enhance communication skills and interpersonal abilities, resulting in a increase in participants' confidence levels.
  - Conducted workshops on professional grooming and etiquette, leading to a improvement in overall employability skills among participants.
  - Utilized innovative teaching methodologies to facilitate personality development sessions, contributing to a increase in participant satisfaction and engagement.
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## Education

### Post Graduate Diploma in Rehabilitation Psychology

2024 – 2025 | Dr Shakuntala Mishra National Rehabilitation University,  
Varanasi

### Masters of Arts in Clinical Psychology

2022 – 2023 | Banaras Hindu University, Varanasi

### Bachelor of Arts in Psychology

2018 – 2021 | Banaras Hindu University, Varanasi

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## Personal Details

<b>Date of Birth:</b>	14 May, 1997
<b>Relevant Work Experience:</b>	2 Years
<b>Current Employer:</b>	Click2Pro
<b>Previous Employers:</b>	Varanasi Psychiatry Centre
<b>Notice Period:</b>	NA
<b>Hometown:</b>	Varanasi, Uttar Pradesh
<b>Current Location:</b>	Delhi
<b>Preferred Location:</b>	Delhi
<b>Preferred work Mode:</b>	Remote, Hybrid