



Anjali Jakhar

Counselling Psychologist

Contact

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+91 85719-47668

Sector 03, Rohtak, Haryana, 124001

Education

- **Central University of Haryana**
PG Diploma in Rehabilitation Psychology (RCI), 2025
- **Panjab University, Chandigarh**
PG Diploma in Child Guidance & Family Counselling, 2022
- **Maharishi Dayanand University, Haryana**
MA Applied Psychology, 2021

Skill

- Psychosocial Rehabilitation
- Family and Child Counselling
- Cognitive Behaviour Therapy
- Rational Emotive Behaviour Therapy
- Psychological Assessment
- Stress and Anxiety Management
- Empathy & Active Listening
- Cultural Sensitivity
- Communication & Interpersonal Skills

Certifications

- **Skill Enhancement Course in CBT**
Shia P.G. College, Lucknow, 2025
- **APA Membership**
APA, 2025
- **Training in Developmental Delay Management**
NIPCCD, Delhi, 2023

Profile

A highly motivated and compassionate Counselling Psychologist with a diverse academic and practical background in psychology. Seeking a counseling position to utilize my knowledge in guidance and therapy, strong interpersonal skills, and dedication to helping individuals overcome life's challenges.

Work Experience

- **Jun–July 2025 | NIEPVD, Dehradun**
Rehabilitation Psychologist (Intern)
Collected and documented detailed case histories of both children and adults in clinical/educational settings. Assessed developmental, psychological, social, and medical background information through interviews. Collaborated with senior professionals to analyze cases and assist in planning interventions.
- **Jun–Nov 2023 | SHAARC, Delhi**
Counselling Psychologist
Provided individual and group counseling services. Delivered psychological assessments to help in diagnosis and treatment planning. Worked with a diverse clientele dealing with mental health, relationship, and vocational issues.
- **Oct 2022–Mar 2023 | Don Bosco Navjeevan Society, Chandigarh**
Family Counsellor
Focused on family counseling, conflict resolution, and strengthening family dynamics. Assisted in crisis management and provided emotional support for families in distress.
- **April 2022 – June 2022 | Santulan Clinic, Delhi**
Counsellor (Intern)
Offered individual counseling sessions with adolescents and young adults. Assisted in group therapy and psycho-educational workshop on emotional well-being.
- **August 2021 | SIRTAR, Rohtak**
Counsellor (Intern)
Worked with clients dealing with anxiety, stress, and relationship issues. Assisted in planning therapeutic interventions and monitoring client progress.

Reference

Vimla Kandel

School Counsellor & Special Educator, The Tribune

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Prachi Gupta

Counselling Psychologist, Kalra Mind Care, Bathinda

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