

New Delhi, India
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Evangeline Agnes Monteiro

SUMMARY

Responsible and diligent counseling psychologist with expertise in lifespan counseling, utilizing a variety of therapeutic techniques, designing effective interventions, and skillfully facilitating group workshops. Dedicated learner with a strong commitment to continuous training and upskilling. Adept at responding to difficult situations calmly and respectfully.

EDUCATION

St. Xavier's College, Mumbai — *M.A. Lifespan Counseling*

June 2022 - April 2024

- CGPA (Semester 2): 8.21
- CGPA (Semester 1): 8.08
- Research: The impact of sender gender and emoji type on the perceived appropriateness of text messages

Jesus and Mary College, University of Delhi, Delhi — *B.A. (Honors) Psychology*

July 2019 - May 2022

- CGPA: 8.19

Holy Child Sr. Sec. School, Delhi

April 2007 - April 2019

- Percentage (12th std): 88.6%
- CGPA (10th std): 9.4

PRACTICUM EXPERIENCE

Sahabhaav, Mumbai — *Counselor-in-training*

February 2024 - March 2024

- Interacting one-on-one with the members, and planning and conducting group activities that promote positive aging.

Adhata Trust, Mumbai — *Counselor-in-training*

December 2023 - January 2024

- Planning and conducting group activities that enhance the physical, cognitive, emotional, and social domains of the geriatric population.

Pro-bono Online Counseling, Mumbai — *Counselor-in-training*

June 2023 - September 2023

- Conducted individual counseling sessions with six clients in their young and middle adulthood, dealing with anxiety, self-esteem, anger management, and interpersonal relationship concerns.
- Incorporated different therapeutic techniques and evidence-based practices such as Narrative therapy, Person centered therapy, CBT, and DBT to meet the clients' specific needs.

King Edward Memorial Hospital, Mumbai — *Counselor-in-training*

July 2023 - August 2023

- Observed psychiatrist-client interactions in the OPD, IPD ward and Deaddiction center.
- Participated in case history taking

Akanksha Foundation, Mumbai — *Counselor-in-training*

December 2022 - March 2023

- Conducted individual counseling sessions with two clients facing anger management and self-esteem concerns, incorporating CBT and Art therapy.

INTERNSHIP

St Mary's Sr. Sec. School, Delhi — *Counselor-in-training*

May 2023

- Observed classes of children with special needs.
- Assisted two children with special needs in the classroom setting.

WEBINAR

National Association for Play Therapy India — Play Therapy and Autism

SKILLS

- | | |
|--------------------------|-------------------|
| • Research | • Time Management |
| • Case conceptualization | • Software: SPSS |
| • Assessments | • Vocalist |
| • Organizational skills | • Percussionist |

ACCOMPLISHMENTS

- Gandhi-King Scholarly Exchange Initiative (U.S.A.- India, 2022-23)
- Vocals Grade 8, RockschooL, London
- Drums Grade 3, Trinity Rock & Pop, London

LANGUAGES

- English
- Hindi
- Konkani