

# DEEPANSHI KUMARI

MENTAL HEALTH COUNSELOR & REHABILITATION  
SPECIALIST | PSYCHOLOGIST | MENTAL HEALTH  
ASSESSOR

## CONTACT

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## PROFILE SUMMARY

Compassionate and results-driven Mental Health Counselor and Psychologist with proven experience in clinical assessments, therapy, and rehabilitation. Adept at addressing complex emotional and behavioral challenges through evidence-based practices, including crisis intervention and workplace well-being programs. Experienced in providing support to children in care, managing therapeutic case studies, and delivering impactful mental health workshops. Skilled in fostering resilience, promoting self-care strategies, and collaborating with interdisciplinary teams to implement holistic wellness solutions. Passionate about breaking stigmas and advocating for accessible mental health resources.

## EDUCATION

2021-2023  
CHAUDHARY CHARAN SINGH  
UNIVERSITY, MEERUT  
MASTER OF ARTS IN PSYCHOLOGY

2018-2021  
CHAUDHARY CHARAN SINGH  
UNIVERSITY, MEERUT  
BACHELOR OF ARTS IN PSYCHOLOGY

## SKILLS

- Skills
- Assessment Skills
- Psychological Assessment
- Diagnostic Skills
- Cognitive Behavioral Assessment
- Behavioral Observation
- Intervention Skills
- Individual Counseling
- Psychoeducation
- Family Counseling
- Counseling Skills
- Active Listening
- Empathy
- Motivational Interviewing
- Solution-Focused Therapy
- Ethical and Legal Knowledge
- Confidentiality Practices
- Informed Consent
- Disability Rights Knowledge
- Professional Ethics
- Communication Skills
- Verbal Communication
- Non-Verbal Communication
- Report Writing
- Presentation Skills

## LANGUAGES

- English: Fluent
- Hindi : Fluent

## WORK EXPERIENCE

ICHARS - Institute of Clinical Hypnosis and Related Sciences SEP 2024-OCT 2024

### Psychology Intern

- Assisted in clinical hypnosis-based mental health interventions for stress and anxiety management.
- Conducted therapeutic case studies and behavioral assessments for clients.
- Supported workplace mental health initiatives by designing well-being programs

### Vandrevala Foundation

Volunteer – Crisis Intervention & Mental Health Support Aug2024-aug2024

- Provided crisis intervention and emotional support via helplines and counseling sessions.

Conducted mental health awareness workshops to reduce workplace stress and burnout.

Assisted in stress management programs and guided individuals on self-care techniques.

### DCPU Unit, CWC Bulandshahr

Mental Health Assessor & Counselor Aug2020-july2021

- Conducted mental health assessments for CNCP (Children in Need of Care and Protection) girl children.
- Provided counseling and psychological support to children undergoing rehabilitation and follow-ups.
- Collaborated with legal, social, and HR teams to implement mental well-being programs.
- Maintained detailed case documentation and intervention plans for accurate reporting and rehabilitation strategies.
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