



BINDIA SONI

📍 Hisar, India 125001
📞 9518855089
✉ bindiasoni26@gmail.com

SUMMARY

Empathetic and dedicated psychologist and counsellor providing evidence-based therapy and psychological assessments to diverse populations. Skilled in cognitive-behavioral therapy (CBT), trauma-informed care, and individualized treatment planning. Committed to promoting mental well-being through ethical and compassionate care in clinical, academic, and community settings.

SKILLS

- Psychological testing
- Behavioral assessment
- Case management
- Therapeutic communication
- Emotional intelligence
- Cognitive Behavioral Therapy (CBT)
- Psychological Assessment
- Trauma-Informed Care
- Patient-Centered Treatment Planning
- Crisis Intervention
- Confidential Record Keeping
- Cross-Cultural Communication

EXPERIENCE

TRAINEE PSYCHOLOGIST , 03/2025 - Current

Holy hospital , Hisar, India

- Assisted in therapy sessions and administered psychological tests under supervision
- Participated in case conferences and professional development workshops
- Gained hands-on experience in crisis intervention and trauma counseling

PSYCHOLOGIST

Manchanda hospital, Hisar, India

- Provided individual, group, and family therapy using evidence-based approaches
- Conducted psychological evaluations, diagnostic assessments, and treatment planning
- Collaborated with psychiatrists, social workers, and other professionals in multidisciplinary teams
- Maintained accurate clinical documentation and upheld ethical standards of care

PSYCHOLOGIST

Manchanda hospital, Hisar, India

- Provided individual, group, and family therapy using evidence-based approaches
- Conducted psychological evaluations, diagnostic assessments, and treatment planning
- Collaborated with psychiatrists, social workers, and other professionals in multidisciplinary teams
- Maintained accurate clinical documentation and upheld ethical standards of care
- Maintained detailed case notes and updated treatment plans as needed.
- Conducted psychological evaluations using standard assessment tools.
- Attended conferences or workshops to maintain professional knowledge.
- Talked with family members during period when patients could not self-advocate.

EDUCATION AND TRAINING

GJUST, Hisar, 2025
PG Diploma in Guidance And Counselling : Guidance And Counselling

GJUST, Hisar, 2024
Master of Science: Clinical Psychology

GJUST, Hisar, 2022
Bachelor of Science: Applied Psychology

LANGUAGES

Hindi : First Language			
Hindi:	C2	English:	C1
Proficient (C2)		Advanced (C1)	

ACCOMPLISHMENTS

- Attended a lot of National and International conference's on mindfulness and happiness, drug abuse prevention, sustainable development.
- Am a NET Qualified Aspirant and also GATE Qualified , Eligible for all kind of Assistant Professor jobs , Gold Medalist in Masters , Worked as an intern Psychologist in 2-3 hospitals, helped a lot of students with their academic issues and work performances.