

Manu Data

Psychological Counselor



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Professional Experience

Oct 2022 - Current

PRT Counselor

Delhi Public School, Bopal, Ahmedabad, Gujarat

- Delivering life skills classes for students of grades I to IV
- Conducting counseling sessions, documenting progress, and engaging with teachers and parents to gain insight into students' underlying issues. This is followed by classroom observations aimed at providing support throughout the process.
- Collaborating in organizing webinars and facilitating SHROFFism sessions, a concept introduced by Dr. Manjula Pooja Shroff, CEO of Kalorex Group. This initiative involves an eight-lesson program called "Conversations with Children," addressing crucial topics to enhance parenting skills and foster the comprehensive growth of their children.
- Contributing to the development of eKal, a digital learning endeavor by the Kalorex Group. Participating in the creation of life skills modules tailored for students in grades I to V.

April 2022 - Aug 2022

Independent Practice

Alwar, Rajasthan

- Conducted counseling sessions, both online and in-person, for students and parents covering a range of topics including mental health, self-esteem, peer pressure, study habits, positive parenting, and digital detox, all while pursuing my MPhil in Counseling Psychology



2020 – 2022

Master of Philosophy: Counseling Psychology

Amity Institute of Psychology and Allied Sciences - Noida

- Attained a CGPA of 9.36/10
- Completed pertinent coursework encompassing counseling skills, psychopathology, approaches to counseling, clinical training, and case conferences
- Engaged in extensive research for the dissertation titled "Assessing the attributes of Family Functioning based on the Beavers Systems Model."

2018 – 2019

PG Diploma and Professional Coursework: Clinical and Counseling Psychology

Savitirbai Phule Pune University - Pune

- Achieved a GPA of 9/10, securing the final grade of 'Outstanding.'
- Completed pertinent coursework encompassing psychotherapies, the counseling process, and specialized areas of counseling
- Participated in diverse internships integral to the curriculum, including experiences at Deenanath Mangeshkar Hospital and Research Centre, Regional Mental Hospital, and Nityanand Rehabilitation Centre.

2016 – 2018

Master of Arts: Psychology

Banaras Hindu University - Varanasi

- Achieved a CGPA of 8.53/10
- Completed pertinent coursework covering areas such as psychodiagnostics, therapeutic techniques, and positive psychology
- Conducted research for the dissertation entitled "Exploring the Correlation between Creative Thinking Abilities among 10th Standard Boys and Girls."

2013 – 2016

Bachelor of Arts: Psychology

Symbiosis College of Arts and Commerce - Pune

- Attained a GPA of 8/10, receiving the final grade 'A.'
- Completed pertinent coursework encompassing foundational psychology, social psychology, psychological testing, and research methodology
- Participated as a member of Psychhoria, the departmental psychology fest
- Attended a UGC-sponsored National seminar on "Health and Wellbeing" in 2014, actively contributing to my knowledge and insights in the field.



Internships

Symbiosis Centre for Emotional Wellbeing (SCEW, Pune) - December 2021

Tasks Accomplished: Conducted clinical interventions, devised treatment plans, and administered crisis interventions

Supervised By: Ms. Yoshita Thadaney & Ms. Tahera Lokhandwala (Psychological Counselors)

Sir Ganga Ram Hospital (SGRH, New Delhi) - August 2017

Tasks Accomplished: Developed personalized care plans for outpatient clients

Supervised By: Dr. Arti Anand (Clinical Psychologist)

Salaam Baalak Trust (SBT, New Delhi) - January 2017

Responsibilities: Contributed to the Child Development Unit (CDU) focusing on children with special needs

Supervised By: Ms. Ritu Bhagat (Research Assistant, AIIMS)



Projects undertaken

Project Title: Assessing the attributes of family functioning based on Beavers systems model

Duration: Six Months (January 2022 - June 2022)

Supervised By: Dr. Roopali Sharma (AIPS, Noida)

Methodology: Utilized the Self-report Family Inventory (SFI) version II, referencing Beavers & Hampson (1990)

Project Title: Practicum Report on Ten Case Studies Covering Diverse Mental Health Disorders and Counseling Approaches

Duration: Six Months (December 2018 - May 2019)

Supervised By: Dr. Bhaskar Rambhau Shejwal (SPPU, Pune)

Project Title: Investigation of Creative Thinking Dispositions in 10th Grade Boys and Girls

Duration: Six Months (September 2017 - February 2018)

Supervised By: Dr. Seema Srivastava (BHU, Varanasi) Methodology: Employed the Verbal Test of Creative Thinking by Baqer Mehdi



Skills

Active listening

Interpersonal communication

Therapeutic counseling techniques

Case documentation



Certifications

2021-01

American Psychiatric Association certification on "Covid-19 and mental health- caring for the public and ourselves"

2017-10

Attended the mental health festival in association with the department of psychiatry held at AIIMS, New Delhi