



FALAK PARVEZ


Clinical Psychologist, M.Phil, RCI

About Me

I offer heart-based workshops and lectures that focus on Life Balance, Self-awareness and Inner Peace. Dedicated to sharing her knowledge and compassion with others, falak blends intuitive wisdom with solid understanding, creating a powerful holistic approach, specializing in the areas of Mental & Emotional change. As a Clinical Psychologist, I provide psychological assessment and psychotherapy. I have over 5 years of experience in the field of psychology and hold an RCI license and an MPhil degree in Clinical Psychology. My mission is to help individuals, organizations, and educational institutions improve their mental wellness and resilience. I use evidence-based and client-centered therapeutic approaches, such as cognitive-behavioural therapy, solution-focused therapy, and mindfulness-based therapy. I also offer corporate training, workshops, and webinars on topics such as stress management, team-building, and positive psychology. I have helped over 300 clients in my journey towards mental wellness

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 45/98, Hotel Grand Palace, Moolganj, Kanpur

CORE COMPETENCIES & SPECIALIZATIONS

- Counselling Psychology
- Solution-Focused Therapy
- Cognitive Behavioral Therapy (CBT)
- Rational Emotive Behavioral Therapy (REBT)
- Dialectical Behavioral Therapy (DBT)
- Neuro-Linguistic Programming (NLP)
- Trauma-Informed Care
- Criminal Psychology
- Family & Couple Counseling
- Graphology (Handwriting Analysis)
- Physiognomy (Face Reading)
- Dream Analysis

SOFT SKILLS

- Empathy & Active Listening
- Critical Thinking
- Emotional Intelligence
- Ethical Decision-Making
- Effective Communication

PROFESSIONAL EXPERIENCE

Professor & Counselling Psychologist

- Chandigarh University, Chandigarh

Psychologist

- Nasha Mukti Kendra, Rajasthan

INTERNSHIP

- Institute of Mental Health and Hospital, Agra
- District Hospital, Hanumangarh, Rajasthan
- Jain Hospital, Hanumangarh, Rajasthan

CERTIFICATIONS

- NITI Ayog
- Indian Council of Peace & Education Mission (ICPEM)

EDUCATIONAL QUALIFICATIONS

M.Phil in Clinical Psychology

- Rajasthan University, Hanumangarh

Master's in Clinical Psychology

- CSJM University, Kanpur

Bachelor's in Psychology

- Kanpur University

Schooling

- St. Mary's Convent, ISC Board, Kanpur