

Parul Varma

Counselling Psychologist

A mental health enthusiast with a passion for psychology and counselling. Empathetic and altruistic, keen to listen and understand people and contribute to society.

Eclectic approach

Fluent in English and Hindi



Education

- Class 10th (2016)
-Zydus school for Excellence, Ahmedabad
-10 CGPA
- Class 12th (2018)
-Delhi Public School, Raipur, Chhattisgarh
-96.2% (Humanities stream)
- B.A.(Honors) Psychology (2021)
Delhi University
- 8.095 CGPA
- M.Sc. Counselling Psychology (2023)
-Christ University, Bengaluru
-8.3 CGPA



Work Experience

- Consulting psychologist at
Antarmanh Consulting, Gurugram
(1.7 years)
- Psychologist at The Hans
Foundation, Delhi
- Online private Counselling Sessions
(2 years)



Internships

- Internship at Youth for Mental Health, Delhi
- Project at Sarvwhitey NGO, Delhi
- Internship at Soulful Mind
- Child Psychology Internship at Psychoshiksha
- Volunteer at We4you NGO
- Internship at Can support NGO, Delhi
- Internship as a school counsellor at Vidyanjali Academy for Learning School, Bengaluru
- Internship as a counselling psychologist at HCAH Suvitas Rehabilitation center, Bengaluru
- Pro-bono online counselling to young adult clients
- Internship at Tata Motors Hospital, Jamshedpur



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(Whatsapp Available)
- Location-Delhi, India



Certifications

- Certification course in CBT(Cognitive Behavior Therapy) from World of Psychology
- Certification course in Art therapy from Psychoshiksha, affiliated to EBVTR
- APA Member Certification
- Certification course in Couple therapy from Happy Space Centre for Mental Health & Research



Relevant Skills

- Individual Counselling
- Communication
- Graphic Designing
- Social media marketing
- Social Work and community outreach
- Conducting workshops and group psychoeducative sessions



Research Work

- Participated in 5th International Conference on Counselling, Psychotherapy and Wellness (ICCP 2023) and presented a paper titled "Sleep Quality, Sleep Hygiene and Student Wellbeing among School Adolescents during Covid Pandemic"