BIO-DATA

**Rinkesh**

**Address- Manesar (gurugram) haryana**

Zip – 122051

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**Professional summary**

 Compassionate and dedicated counselling psychologist internship of 4 months providing mental health services . Specific therapeutic approaches pr area ex. Cognitive behavioural therapy, mindfulness- based stress reduction, family therapy, and helping clients navigate personal challenges to lead healthier, more balanced lives . Skilled in psychological assessment

**Professional experience**

Counselling psychologist

 Artemis hospital (gurugram)

June 2023 to September 2023

. Conducted individual and group therapy sessions for clients with various mental health conditions, including anxiety, depression, trauma and addiction

. Developed and emplemented evidence- based therapeutic interventions, such as cognitive behavioural therapy ( CBT) , person – centered therapy

. Provide crisis intervention and support during acute mental health situations, including managing risk assessment and emergency situations

**Intern counsellor**

Artemis hospital

(Gurugram)

June 2023 to September 2023

**Humana wellness centre**

( Gurugram)

October 2024 to November 2024

. Assisted psychologist in administrating assess, preparing clients treatment plans , and conducting therapy sessions.

. Provided individuals counselling under supervision, focusing on issues such as grief, relationships difficulties, and emotional regulation

. Participated in case conferences , gaining experience in the collaborative approach to mental health care

. Conducted intake interviews and developed initial assessment reports for new clients

**Education**

 Post graduation diploma in guidance and counselling

( gurugram university) gurugram ( june 2023 to may 2024)

**Master’s degree in psychology**

( gurugram university) gurugram ( june 2021 to may 2023)

**Graduation**

(Maharishi Dayanand university ) Rohtak ( june 2018 to may 2021)

**Certificates**

 Certification in OCD

**Skills**

. Therapeutic techniques : cognitive behavioural therapy ( CBT) , mindfulness-based stress Reduction, JPMR relaxation .

. Psychological assessment : MMPI , Beck Depression Inventory, Rorschach Inkblot , Bhatia Battery.

. Crisis intervention & Risk assessment

. Case management

. Team collaboration

.Empathy

. Sympathy

. Active listening

. Communication skills

. Relationships building skills

. Problem solving ability

**Language**

Hindi

English