



SHUBHANGI ARORA

COUNSELLING PSYCHOLOGIST

CONTACT

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EDUCATION

2018 - 2022

AMITY UNIVERSITY, NOIDA

- Integrated Bachelor of Arts-Master of Arts (Clinical Psychology)
- GPA: 8.91

SKILLS

- Active listening and empathy
- Effective verbal and nonverbal communication
- Building therapeutic rapport with diverse populations
- Conflict resolution and mediation
- Case conceptualization and analysis
- Identifying patterns in thoughts, behaviors, and emotions

LANGUAGES

- English (Fluent)
- Hindi (Fluent)

PROFILE

Compassionate and results-oriented counseling psychologist and certified clinical hypnotherapist (California Hypnosis Institute), committed to fostering meaningful connections and providing a safe, non-judgmental space for individuals to address their mental health needs.

Proficient in evidence-based therapeutic modalities such as CBT, REBT, and mindfulness-based techniques, with a focus on empowering clients to navigate challenges, enhance resilience, and achieve lasting personal growth. Passionate advocate for mental health awareness, dedicated to normalizing discussions around psychological well-being and promoting holistic wellness.

WORK EXPERIENCE

Shridhar LifeSchool

2023-PRESENT

Counselling Psychologist and HR

- Successfully handled over 1200 sessions while receiving positive and satisfactory feedback from clients.
- Managed the highest case load on the team consistently, ensuring quality and efficiency.
- Actively contributed to the hiring process to support the organization's growth.
- Stepped in to carry out HR-related responsibilities whenever needed.
- Maintained a high client retention rate by building trust and strong rapport.
- Supported colleagues whenever required to foster a collaborative work environment.

CORE COMPETENCIES

- Attachment and relationship issues
- Unresolved trauma
- Anxiety disorders (generalized anxiety, social anxiety, panic attacks)
- Career and work-related stress management
- Grief, loss, and bereavement support
- Depression and mood disorders
- Low self-esteem and self-worth challenges
- Body image concerns and disordered eating
- Overthinking and intrusive thoughts
- Emotion regulation and anger management
- Family conflict and communication issues
- Adjustment to life transitions
- Stress and burnout prevention and recovery
- Perfectionism and fear of failure
- Co-dependency and boundary setting
- Building resilience and coping strategies