

AFROZE JAHAN

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Objective : afroze_jahan@hotmail.com

To utilize my knowledge and skill set in the practical world and give my best to the organization's goal.

Work Experience

- On the Panel of Counselors
Ministry of Women and Child Development, Govt. of NCT of Delhi.

Responsibilities:

1. Counselling to the victims of sexual offences and assistance to the Children's Court & Special Court under Protection of Children from Sexual Offences (POCSO) Act 2012.
 2. Assessment of children in conflict with law w.r.t. heinous offences produced before Juvenile Justice Boards under Juvenile Justice (Care & Protection of Children) Act, 2015.
- Psychologist & Family Therapist
Tamana Autism Centre- School of Hope, Vasant Vihar, New Delhi

Work Profile:

1. Assessment and Diagnosis of Children with Special Needs
2. Counseling of Children and Parents
3. Deal With Childhood and Adolescent Issues
4. Educational Issues
5. Family Issues
6. Family Therapy
7. Individual and Group Therapy
8. Management of Stress, Anxiety and Anger
9. Childhood and Teen Depression
10. Behavior Management
11. Life Skills Training

12. Case Presentations
13. Training Programs for the Staff
14. Workshops on Implementation of New Strategies
15. Clinically Supervise the Team Working With Children
16. Training Parents to Become Better Caretakers
17. Recommendations
18. Report Writing
19. Follow ups

- Consultant Senior Psychologist
CCMPL,
National Heart Institute

Responsibilities:

Assessment and counseling of International children.

- Previously worked as a Senior Psychologist at ‘Udaan-For the Disabled’, NGO recognized by Ministry of Social Justice and Empowerment.

Work Profile:

1. Undertake clinical work with children on one-on-one basis which includes Assessment, Diagnosis, Treatment Plan, Case Follow-up and Re-assessment.
 2. Planning, organizing and teaching a variety of coping skills for behavior management to the parents.
 3. Training and Supervising Teachers of Underprivileged Children.
 4. Provide Counseling of Parents of Underprivileged Children.
 5. Provide counseling to parents of special needs children.
 6. Provide family therapy to parents of special children.
 7. Training the Role Models (underprivileged children) in Life Skills.
 8. Provide communication and relationship skills to the family members of special children.
 9. Deal with Adolescent Issues of Mainstream and Special Children.
 10. Conduct workshops for sensitization of parents and staff members.
 11. Clinically supervise therapists dealing with the child.
 12. Provide positive environment for the healthy well being of the staff members.
 13. Report Writing.
- Worked as Counseling Psychologist (Adolescents Guidance Service Centre, Child Development Division) National Institute of Public Cooperation and Child Development, NIPCCD, Hauz Khas, New Delhi.
(Under the Ministry of Women and Child Development)

Work Profile:

1. Clinically assess and diagnose Adolescents with various disabilities.
2. Recommendations for CBSE and NIOS suitable for special needs children.

3. Treatment plan.
 4. Re-assessments.
 5. Child Counseling for various emotional, academic and adolescent issues.
 6. Parental Counseling.
 7. Career Counseling
 8. Report Writing.
- Psychiatry Department, Max Hospital, Saket, New Delhi.
 - Case study of adult patients with various Mental Disorders.
 - Provide Counseling and Relaxation Therapy.
 - Assessment of children with various disabilities.
 - Mental Health well being of in-patients.
 - Conduct Seminars on Mental Disorders.
 - Volunteer and Life Member in ‘Action For Autism’, The National Centre For Autism, Jasola Vihar, New Delhi.
 - Have experience working with Special Children & Mainstream Children as a Parent Volunteer in Delhi Public School.
 - Training in Dept. of Microbiology, G.M.Modi Hospital and Research Centre, Saket, New Delhi.
 - Research experience as a Microbiologist at:
 - National Institute of Nutrition, NIN, Hyderabad.
 - Estimation of Purity of Mineral Waters
 - Qualitative Analysis of Infant Foods
 - Aflatoxin Extraction for the Estimation of its Toxicity in Various Types (Beta, Gamma, etc.)
 - Institute of Preventive Medicine, IPM, Hyderabad. Study of:-
 - Bacterial Aetiology of Urinary Tract Infections
 - Bacterial Aetiology of Upper Respiratory Tract Infections
 - Center for Cellular and Molecular Biology, CCMB, Hyderabad.
 - Extraction and Demonstration of “DNA” from Bacterial Strains

Qualifications

- (Diploma in Vocational Rehabilitation – Intellectual Disability), RCI, New Delhi.
- M.Sc —Counseling and Family Therapy, IGNOU, New Delhi.
- M.Sc – Clinical Psychology, CMJ University, Shillong.
- Post Graduate Diploma in Counseling and Family Therapy, IGNOU, New Delhi.
- B.Ed -- HNB University, Garhwal.
- M.Sc. – Applied Microbiology, Madras University, Chennai.
- B.Sc. – Microbiology, Osmania University, Hyderabad.
- Post Graduate Diploma in Computer Applications, Sicut Computers, AIMO, Hyderabad.

Publications

1. Published a book 2018 on personal and professional experiences with special children with the title **“Living With Special Abilities – A Parent’s Journey With Autism”**. The book was released at World Book Fair, New Delhi in January 2019.

This book was written keeping in mind the need for awareness and sensitization of public in general. This also serves the purpose of guiding and inspiring the special parents who think they are the only ones to face hardships in this world. My personal experiences as a special parent along with some other parents’ stories are shared. This would motivate them to move forward in life and help their children with the special blessings of God.

Workshops Attended/Conducted

1. Conducted Workshop on the Occasion of World Disability Day on “Importance and Benefits of UDID card and What is the Future of Special Children After Parents”.
2. Conducted Workshop on “Importance Social Stories for Special Children” for the staff and parents of Tamana Schools.
3. Conducted Workshop on “Challenging Behaviors of Autistic Children and Management Strategies”.
4. Conducted Workshop on “Examination Stress” at Navkriya- Centre for Brain and Spine Rehabilitation, New Delhi.
5. Conducted Workshop on “Adolescent Wellbeing” at Navkriya- Centre for Brain and Spine Rehabilitation, New Delhi.
6. Conducted workshop on ‘Stress Management’ for parents of special needs children at Udaan- For the Disabled.
7. Conducted Seminar on Mental Retardation in Max Hospital, Saket.
8. Conducted workshop on “Social Stories for Special Children” at Tamana School of Hope.
9. Conducted 2-day workshop on “Sensitization of Staff Members of KidZania”, Noida.
10. Workshop on ‘Inculcating Counseling Skills in Teachers’ at Moolchand Medcity, New Delhi.
11. Workshop on ‘Examination Stress’ by Dr.Sameer Malhotra, HOD,Mental Health and Behavioral Sciences, Max Hospitals.

12. Workshop on Life Skills, Child Development Division, NIPCCD.
13. Workshop on Adolescent Parenting, Child Development Division, NIPCCD.
14. Workshop on Counselling Skills and Training by Dr.Vasanta Patri, Director, Indian Institute of Counselling.
15. Workshop on ‘Cognitive Behaviour Therapy’ by Expressions India, Moolchand Medcity, New Delhi.
16. Workshop on ‘Recent Trends in Adolescent Brain Development’ at Moolchand Medcity, New Delhi.
17. Participated in AISCAP Global Summit- Enriching Skills for Health and Wellbeing in Education, Moolchand Medcity, New Delhi.
18. Participated in AISCAP 4th National Convention on “Mental health Programs in Schools” Moolchand Medcity, New Delhi.
19. Provided training to staff members of “KidZania-Noida” in how to handle special children.
20. National seminar on Stress and Mental Health: Nurturing Positivity in Children and Adolescents at SOCE, IGNOU, New Delhi.
21. International seminar on Autism organized by Skill Council for Persons with Disabilities, India Habitat Centre, New Delhi.
22. Workshop on “Administration of Rorschach Inkblot Test”, Expressions India, Moolchand Medcity, New Delhi.
23. Workshop on ‘Rapid Prompting Method (RPM)’ by Jackie Dorshorst organized by Akhil Autism Foundation & Udaan for the Disabled.

Specialized in:

1. Childhood and Adolescent Issues
2. Assessment and Diagnosis of Autism Spectrum Disorder, ADHD, Learning Disability, Down’s Syndrome, Intellectual Disability and other Childhood Disabilities.
3. Educational Assessment
4. Emotional and Psychological Issues in Childhood and Adolescence
5. Counseling of Children and Adolescents
6. Academic Issues

7. Bullying
8. Peer Pressure
9. Parent Counselling
10. Stress and Anxiety Management
11. Anger Management
12. Behaviour Management
13. Management of Teen Depression
14. Obsessive Behavior
15. Family Issues
16. Family Therapy
17. Workshop on Sensitization of Parents & Teachers
18. Workshop on Examination Stress
19. Workshop on Stress & Anxiety Management
20. Workshop on Behavior management
21. Workshop with Siblings of Special Children
22. Workshop with Caretakers of Special Children
23. Workshop on Life Skills for Students
24. Workshop on Adolescent Parenting
25. Workshop on Parenting a Special Child
26. Other Psychological and Behavioral Issues
27. Etc.

Work & Research Experience as a Psychologist: 10 years
(Changed my profession from a Microbiologist to a Psychologist)

Work & Research Experience as a Microbiologist: 8 years