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**SNIGDHA PANDEY**

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## SUMMARY

A therapist specialized in the field of Counselling; well-versed with therapeutic interventions like REBT, CBT, Art Therapy, Occupational Therapy, etc., with a strong background in successfully establishing rapport with clients while maintaining appropriate boundaries.

## SKILLS

- Active Listening
- Writing Reports
- Psychotherapy
- Case History Taking
- Mental Status Examination
- Psychometric Research

## RESEARCH PAPER

**Coping Mechanism and level of Spiritual Consciousness among Adults – Completed as part of the curriculum for M.A (Counselling Psychology); May, 2021**

The paper evaluated the relationship between coping mechanism and the level of spiritual consciousness among adults, and also attempted to find the difference between males and females, if any, on the level of the variables mentioned.

## INTERSHIPS

### POTENTIALS INDIA

*Intern*

*September 2019-March 2020 (90 hours)*

Potentials India is a clinic that focuses primarily on children with special needs (3-15years). I briefly learnt the communication process between therapist(s) and client(s), the feedback process, arranged sessions, learnt different forms of therapies (play, group, OT) etc. I also observed and learned various forms of Art Therapy.

### SEARCHGLASS PRODUCTIONS

*Casting Director*

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*May 2019-June 2019*

I did the casting for the project- “KIRI”, which released on the YouTube channel of Searchglass Productions.

### **SANKSHAY BABBER FILMS**

*Assistant & Casting Director*

*May 2019-July 2019*

I have worked with this production on several projects, out of which many were shelved, while a few were released on the YouTube channel. I was the Assistant and Casting Director and an actress for a project named “Ghost Town”.

## **WORK EXPERIENCE**

*Project Associate – 1*

*AIIMS, New Delhi*

*September 2021-February 2022*

I worked on a project that was funded by DST under the Principle Investigator, “Dr. Rohit Bhatia”. My job profile included recruiting patients, conducting neuropsychological assessment and co-ordinating with them for further evaluation.

*Associate Counsellor*

*Antarmanh Consulting Private Limited, Gurugram*

*May 2022-December 2022*

I worked as an Associate Counsellor where in my job profile included taking counselling sessions of patients via telephonic medium and online, preparing and delivering presentations on different topics related to psychology, maintaining necessary documents for the team, conducting mental health well-being check-ins, etc.

## **EDUCATION**

**Holy Cross School, Bokaro Steel City, Jharkhand – Class 10<sup>th</sup> (CBSE)**

April 2000-March 2014

- Scored **8.6 CGPA**

**Delhi Public School, Bokaro Steel City, Jharkhand – Class 12<sup>th</sup> (CBSE)**

June 2014-March 2016

- Scored **75%** with 5 subjects (Business Studies, Economics, English, Physical Education and Accountancy)

**PGDAV College, University of Delhi – BA Programme**

July 2016-July 2019

- Grand **CGPA: 5.485**, Division: Second
- Was a part of the Dramatics Society- “RUDRA”; won several awards for the play- “Aashiyaan” and performed at various places like National School of Drama, Mood Indigo, DTU, IIT, etc., consecutively for 3 years.
- PR Head of the Dramatics Team for 2 years.

**Amity Institute of Psychology and Applied Sciences, Amity University, Noida – M.A**  
(Counselling Psychology)

July 2019-July 2021

- Grand **CGPA: 7.23**, Division: First.