

# CHETNA KIMOTHI

COUNSELING PSYCHOLOGIST



## FIND ME HERE

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## RESEARCH INTERESTS

Trauma Informed Care  
Adverse Childhood Experiences  
Thought Disorder Care &  
Rehabilitation  
Substance Use Disorder



## OTHER SKILLS

Problem-Solving  
Flexibility & Authenticity  
Cultural & Gender Sensitivity

*Leadership & Team Management :*  
Presented at IIM Ranchi- Summer  
School on Leadership, Policy and  
Governance

*Performing Arts :* Acted, scripted  
and directed over 10 theatre  
productions



## INTERESTS



## ABOUT ME

Multifaceted experience with a diverse population. Creative work approach through Arts. Holds strong interaction ability via writing and emphatically believes in patience and perceptive communication as keys to good teamwork. Possesses diligence and active management experience.



## ACADEMIC PROFILE

### M.A. in Applied Psychology

(with specialization in clinical and counseling practice)

2020-2022 | TATA INSTITUTE OF SOCIAL SCIENCES

### B.A. (Hons.) in Psychology

Minor: Philosophy

2016-2019 | UNIVERSITY OF DELHI



## EXPERIENCE

### TRAUMA

*Bal Ashram Trust* | FULL-TIME COUNSELOR | JUL 2022-JAN 2023

-Implemented interventions for 100+ children, adolescents and young adults, with depression, anxiety, stress, PTSD, SUD & other psychological difficulties; rehabilitation counselling; detailed record-keeping

*New Tehri District Prison* | TRAINEE COUNSELOR | FEB-JUN 2022

-Led the first ever trauma-focused intervention for prison inmates in Tehri district prison; conducted sessions, workshops and lectures on PTSD, SUD and other psychological disorders; grief counseling

### SUBSTANCE USE DISORDER

*Sankalp Nasha Mukh Devbhumi Trust* | TRAINEE COUNSELOR | AUG-OCT 2021

*Society For Promotion of Youth & Masses* | TRAINEE COUNSELOR | JAN-FEB 2021

-Executed brief intervention through art and play for 50+ patients (adolescents & young adults) with substance use disorder; family counseling; moderated focused group discussions

### EXPERIENCE IN SCHOOLS

*Centre for Social & Behaviour Change Comm.* | INTERN | JUN-AUG 2020

-Designed modules on stress management, EQ development, behavioral modification, and interpersonal relationship management

*Ashish Foundation for the Differently Abled* | SEP-OCT 2019

-Assessed developmental appraisals of children with learning disabilities

### HOSPITAL SETTING

*World Brain Centre and Research Institute* | INTERN | JUN-JUL 2019

-Acquired substantial experience in therapeutic interventions and psychometric evaluations



## CERTIFICATES

**Addiction Treatment: Clinical Skills for HCP** | Yale University | FEB-MAR 2023

**Foundations of Positive Psychology, Specialization** | University of Pennsylvania | JUL 2025- (Ongoing)