



# SHIVANGI MEHROTRA

## COUNSELLING PSYCHOLOGIST

Empathetic and proactive Counselling Psychology postgraduate with hands-on experience in individual, group, and child-focused interventions. Skilled in evidence-based approaches, psychosocial workshop or events facilitation, and student well-being programs. Passionate about integrating mental health awareness in educational and community settings.

## CONTACT



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Varanasi and open for relocation

## EDUCATION

**Indian Institute of Psychology and Research, Bangalore**

**MSc. in Counselling Psychology**

2023-2025 (results awaiting)

**Loreto College, Kolkata**

**BA honors in Psychology**

2019-2022

## SKILLS

- **Soft & Therapeutic Skills:** Empathic listening, Reflection & rapport building, Group facilitation, Psychoeducation and Behavioural observation.
- **Professional & Transferable Skills:** Communication, Time management, Leadership, Documentation & case management.

## WORK EXPERIENCE

### Trainee Counsellor

**Indian Institute of Psychology and Research, 2024-2025**

- Undertaken individual, dyad, and group counselling sessions with 20+clients under supervision using various counselling modalities like CBT, SFBT, Narrative and Gestalt therapy.

### Well Being Volunteer

**NIMHANS, 2024-2025**

- Trained under mental health professionals to assist in well-being programs
- Engaged with diverse stakeholders for psychosocial support initiatives

### MANASA Volunteer

**Manasa Project, 2023 - 2025**

- Part of various events under the MANASA project under the Juvenile Justice Board of Bangalore for psychosocial awareness and development.

### Child Development Trainer

**Little Leap, 2022 - 2023**

- Conducted interactive sessions on emotional literacy, confidence, and communication for children aged 4-14 using play and psychology-based modules.