

KASHIKA DABRA

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OBJECTIVE

Seeking an opportunity with an institute that would provide me with a platform to employ my therapeutic skills and my ability to connect, communicate and counsel people of diverse social backgrounds. I am unequivocal in my belief that my strong sense of empathy coupled with experience can make me assist individuals find emotional stability in their lives.

SKILLS & STRENGTHS

- Psychological therapeutic counseling
 - Cognitive Behavioral Therapy and Behavioral Therapy
 - Art based therapy
 - Techniques to assist children with special needs
- Emotional & Personality
- Cognitive & Neuropsychological Assessment
- Deal with the adolescent concerns in an effective and creative manner
- Interact positively with a wide range of people from diverse backgrounds
- Strong interpersonal skills strengthened through extensive individual and group counseling experiences
- Self-motivated and work co-operatively in a team
- Technical: SPSS, MS Excel, PowerPoint, MS Office

EXPERIENCE (2 YEARS)

Delhi Public School | Sector-45, Gurgaon

School Counsellor July'15- present

- Therapeutic counseling of students
- Life skills training
- Peer educators training
- Workshop conduction for students as well as teachers

Medanta- The Medcity Hospital | Gurugram

Intern

- A two months internship and exposure in conducting sessions in OPD as well as IPD, therapy on everyday basis and relaxation techniques like JPMR and Guided Imagery.

Vimhans Hospital | Delhi

Intern

- A one month internship and exposure in conducting sessions and observation- Conducted clinical interviews with clients and relatives to obtain information regarding their social background, their developmental history and other factors relevant to psychological evaluations. Assisted them with resolving conflicts and developing more productive ways of coping with issues.

FIELD WORK EXPOSURE

Institute	Duration	Field work
Bandra Family Court	6 months	To take intake of couples and families, counseling session and family therapy
Lokmanya Tilak Municipal Hospital	6 months	Interviews with children/families/adults- case history, mental status examination, case conceptualization, treatment planning- conducting sessions and conducting personality test
Sir Sayed English High School	1 month	Interacted with a 4th grade student and conducted an intelligence test

SEMINAR AND WORKSHOPS

Conducted Workshop	Attended Workshop
<ul style="list-style-type: none">• Workshops for middle wing students (topic: understanding adolescence and effective ways of taking care of oneself as well as others)• Workshop for teachers- “Knowing your Children and Classroom Management”• Expressive Therapy (Play Therapy and storytelling).	<ul style="list-style-type: none">• “MindSmart 2016 – The Annual Adolescent Peer Educators’ Leadership Course in Life Skills & Wellbeing”• Child Well-being, Schooling and Socio-Legal Aspects- Growing Challenges for School• Session on Inclusion at Sanskriti School.• Awareness on gender sensitization (LGBT Community) by Harish Iyer• Art Therapy workshop• De addiction workshop• Eye movement Desensitization and Reprocessing Therapy (EMDR)

OTHER ACTIVITIES

- Volunteer Nai Disha Special (Tamana) School (2013)
- Volunteer at National Institute of Psychiatry, Dwarka - Dr. Raheja (2012)
- President of BA Programme Union of Gargi College (2011-12)
- Proctor of BA Programme Union of Gargi College (2010-11)
- Volunteer in NGO, Snehi. (2010)
- Volunteer at Common Wealth Games. (2010)

EDUCATION

Tata Institute of Social Sciences, Mumbai

M.A in Applied Psychology, specialization in Clinical Psychology (2013-2015)

Gargi College, University of Delhi

B.A Programme- Psychology, Philosophy (2009-2012)

Delhi Public School, Vasant Kunj

XII (2009), X (2007)