

# Shreni Gondhi

Counselling Psychologist

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## Professional Summary

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Postgraduate in **Counselling Psychology from CHRIST (Deemed to be University), Delhi NCR**, with practical experience across clinical, school, and community mental health settings. Skilled in psychological assessment, psychoeducation, client interaction, and case documentation through multiple internships. Recognized with a **Best Paper Presentation Award at Gurugram University** for research contribution. Committed to promoting mental health awareness and supporting emotional well-being across diverse populations.

## Skills & Psychological Tools

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- Psychological Assessment: TAT, Rorschach, 16PF, SPM, SCT, MBTI, EPQ-R
- Counselling Approaches: Cognitive Behavioural Therapy (CBT), Person-Centered Counselling
- Active Listening and Empathic Communication
- Psychoeducation and Mental Health Awareness
- Client Observation and Behavioural Analysis
- Case Documentation and Report Writing
- Public Speaking and Group Facilitation

## Professional Experience

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### Mental Health Intern

Jan 2026 – Apr 2026

*ISpeak Psychological Services*

- Maintained client records and progress reports in Excel.
- Monitored psychological well-being of individuals at NGO **Samidha**.
- Contributed to community initiatives *Sadak Utsav 0.2* and *Sadak Utsav 0.3*.

### School Counsellor Intern

Jul 2025 – Nov 2025

*St. Thomas School, Ghaziabad*

- Facilitated students' emotional development through counselling and psychoeducation.
- Helped identify behavioural and emotional concerns in students.

### Mental Health Counsellor Trainee

May 2025 – Jun 2025

*IWill Therapy*

- Supported research tasks and application testing for digital mental health services.
- Documented observations and discussed mental health concerns with users.

### Mental Health Support Worker

Aug 2024 – Nov 2024

*Jeevan Dhara*

- Provided emotional and social support to individuals with disabilities.
- Promoted inclusive participation and well-being activities.

### Mental Health Counselling Intern

Feb 2024 – Mar 2024

*Max Institute of Medical Education*

- Observed counselling sessions and psychological assessments in clinical settings.
- Assisted with documentation and learned treatment planning processes.

### Mental Health Counselling Intern

Feb 2023 – May 2023

*Rebuilding Minds*

- Observed therapy sessions to understand counselling and therapeutic communication.
- Helped maintain session observations and client behaviour notes.

## Research Experience

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### Student Researcher

Stress and Social Anxiety Among College Students

- Conducted research examining stress and social anxiety patterns among college students.
- Presented research findings as part of the B.Sc. Clinical Psychology final-year project.

### Co-Researcher

Cultural Expectations, Intergenerational Conflict, and Decision Fatigue Among Gen Z and Millennials

## Education

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### M.Sc. Counselling Psychology

CHRIST (Deemed to be University), Delhi NCR

### B.Sc. Clinical Psychology

SGT University, Gurugram

## Awards & Certifications

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### Best Paper Presentation Award – Gurugram University

Workshop: *Publication in Indexed Journals*

Universiti Teknologi Malaysia (UTM)

### Letter of Appreciation – St. Thomas School, Loni

For conducting a group session on *Handling Bullying and Building Resilience*.

## Languages

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English

Hindi

Punjabi