

Sakshi Verma | Counselling Psychologist

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Counselling Psychologist with 5+ years' experience in individual, group, and organizational mental health care. Skilled in evidence-based approaches (CBT, REBT, mindfulness, somatic modalities) and experienced in facilitating psychoeducational and emotional well-being workshops across corporates, NGOs, and academic settings. Adept at designing wellness programs that align with organizational goals and enhance employee well-being. Committed to fostering emotionally safe and resilient workplace cultures.

Work Experience

Counselling Psychologist in Private Practice You & I Wellness | 2021 – Present

Provide individual, couples, and group therapy (including support groups) for young adults to geriatric clients using integrative, humanistic, somatic, and mindfulness-based approaches for mood, emotional, and relational concerns. Design and deliver wellness workshops for corporates (e.g. Hines India), NGOs (e.g. Joint Women's Programme), and academic institutions (DU, IIT Delhi, St. Xavier's Kolkata).

Counselling Psychologist Felicity Care | 2022 – 2023

Conducted individual therapy for young adults and adults addressing diverse mental health concerns. Facilitated corporate wellness workshops focused on emotional well-being and stress management.

Counselling Psychologist Mumbai Psychiatry Clinic | 2020 – 2022

Provided individual and group therapy for adults facing anxiety, depression, borderline personality disorder, interpersonal issues using an eclectic approach. Co-facilitated Dialectical Behaviour Therapy based groups for high-risk clients. Created mental health content to support psychoeducation and digital outreach.

Mindfulness Program & Content Consultant Inner Space Counselling, Mumbai | 2018 – 2024

Contributed in the development of mindfulness-based programs for corporate wellness and community engagement. Created curriculums, social media content, and SEO-optimized web pages to promote mental health. Managed mindfulness workshops and built an active wellness community.

RE&CBT Program Coordinator Self Align India (Affiliated with AEI, New York) | 2020 – 2023

Collaborated with AEI-certified trainer to deliver RE&CBT education to professionals and students; created content, managed SEO-optimized web pages, and expanded outreach through social media.

Gandhi Fellow (Education & Community Development) Piramal Foundation | Rajasthan | 2017 – 2018

Led education reform projects across 5 government schools, focusing on socio-emotional learning, mental health through arts, and community-driven library initiatives. Conducted capacity-building workshops for teachers and school leaders.

Academic Qualifications

- **Post Graduate Diploma in Counselling Psychology** (G.P.A: 9.43) from Xaviers Institute of Counselling Psychology. Passing year: 2024
- **Masters in Psychology, specialization in Clinical** (69.8 %, Grade A) from Indira Gandhi National Open University. Passing year: 2020
- **Bachelors of Mass Media** (Grade A), from Jai Hind College, Mumbai University. Passing year: 2017
- **Class XII** (93.25%), from Somerville School, (CBSE), Noida. Passing year: 2014

Additional Certifications & Training

- **Couples Counselling: "Into the Depths"** – Katharsis Counselling
- **Somatic Experiencing in Trauma-Focused Practices** – Safe Therapy & PsychCentral
- **Internal Family Systems (IFS)** – Safe Therapy
- **Dialectical Behaviour Therapy (DBT)** – Trained under Ms. Sejal Desai, Sevi Wellness Clinic
- **Rational Emotive & Cognitive Behaviour Therapy (RE&CBT)** – Under AEI Trainer Ms. Gauri Row Kavi

- **Mindfulness-Based Therapy** – Trained under Ms. Sadia Saeed, Inner Space Counselling
- **Applied Transactional Analysis** – Institute of Human Technology, Heart to Heart Counselling
- **Personal Counselling (Carkhuff's Model)** – Institute of Human Technology, Heart to Heart Counselling
- **Psychotherapy: Basic & Advanced Skills in Counselling** – Faculty Minds
- **Digital Media Marketing** – Jai Hind College

Internships/Assisting Role/Volunteering/Individual Projects undertaken

- Assisted Senior Psychotherapist at **Healing Dove Foundation** in conducting individual and group counselling with juveniles under the Care and Protection of Children Act.
- Volunteered with **Samaritans Mumbai**, offering suicide prevention support through phone & email befriending and college outreach.
- Facilitated weekly support-group sessions for struggling actors as Co-Counselling Intern at **Cine and TV Artistes Association (CINTAA)**.
- Founded '**Speak the Unspoken**', a digital mental health storytelling project amplifying survivor voices with informed consent.
- Delivered workshops for NGO leaders across Maharashtra with **Pratyek's 'NINE IS MINE' campaign**, training them to implement child-led advocacy via Children's Parliament initiatives.

Proficiency in Skills

- Warm, compassionate and empathetic
- Trauma informed
- Goal oriented psychotherapy using an eclectic approach
- Crisis management and risk assessment
- Program development and facilitation
- Mindfulness based stress reduction skills and techniques
- Effective communication skills
- Group facilitation and psychoeducation
- Cultural sensitivity and inclusion

Interests and Extra-Curricular Activities

- Trained in Western vocals at Noida School of Rock; performed at annual concerts and public showcases.
- Trained in Indian classical vocals from Prayag Sangeet Samiti.
- Performed at multiple inter-college cultural festivals across Mumbai.

Personal Details

- Languages: English & Hindi – Fluency in both written and verbal.
- Date of Birth: 6th May 1996