

SHREJAL BANSAL

Psychologist | Mental Health Coach | Freelancer

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Kolkata



SUMMARY

I am a psychologist with over six years of experience. My expertise includes Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), and other techniques. I excel in psychological research and writing, with a knack for uncovering patterns and summarizing complex concepts. My strong communication skills enhance collaboration with peers and clients, ensuring effective and evidence-based guidance. Passionate about psychology, I stay updated with the latest advancements to provide the best care.

EDUCATION

Chandigarh University

MA Psychology
2022 - 2024

University of Calcutta, Loreto college

BA Psychology
2019- 2022

SKILLS

- Psychological Counseling
- Motivational Interviewing (MI)
- Cognitive Behavioral Therapy (CBT)
- Psychological Research
- Pattern Recognition
- Psychology content writing

CERTIFICATIONS

- Diploma in Counselling psychology , KEW Training Academy (2024 Jan- 2024 June)
- Allysk, psychology performed best in class (2019)

PROFESSIONAL EXPERIENCE

Overcome

Clinical Intern | 2024 - Present

- Conduct initial patient assessments and interviews
- Provide support through therapeutic techniques (MI, CBT)
- Assist in clinical research projects and data analysis
- Maintain accurate patient records and progress notes
- Collaborate with mental health professionals on treatment plans
- Participate in training sessions and workshops
- Educate patients about mental health and coping strategies
- Assist with administrative tasks (scheduling, managing files)

Counsel India

Counselling Intern | Sep 2024 - Dec 2024

- Conduct individual and group counseling sessions
- Implement therapeutic techniques (CBT, MI)
- Perform SWOT analysis and history taking
- Participate in role plays and practical classes
- Work on case studies and projects
- Adhere to counseling ethics and professionalism
- Receive feedback from supervisors and peers for improvement

Freelance Counsellor

May 2024- Present

- Conduct virtual and in-person counseling sessions using CBT, MI, and other techniques.
- Develop and implement personalized treatment plans, providing crisis intervention and support.
- Research, create, and edit engaging psychology-related content, including articles, textbooks, and case studies.
- Design and prepare assessments and quizzes for psychology courses, ensuring accuracy and clarity.
- Maintain confidential client records, manage bookings, and handle administrative tasks.
- Stay updated with the latest counseling practices and psychological research to ensure comprehensive care.