



TANYA BANSAL

COUNSELLING PSYCHOLOGIST

CONTACT

+91 8929365676

Tanyabansal1999@gmail.com

Noida, UP

EDUCATION

2021 - 2023
AMITY UNIVERSITY

- Masters in Clinical Psychology

2004 - 2018
AHLCON INTERNATIONAL SCHOOL

- 10th CGPA - 8.2 (2016)
- 12th percentage - 89%

SKILLS

- Empathy
- Compassion
- Teamwork
- Time Management
- Leadership
- Effective Communication
- Critical Thinking

LANGUAGES

- English (Fluent)
- Hindi (Fluent)
- French (Beginner)

PROFILE

Meticulous and passionate Clinical Psychology postgraduate with over 3 years of experience in counseling, training, and developmental coaching. Skilled in conducting assessments, facilitating workshops, and delivering engaging training programs. Strong communication, empathy, and problem-solving abilities with a proven ability to work in multicultural environments.

WORK EXPERIENCE

Nspira Management Jan 2025 - Present

Development Coach

- Design and deliver engaging training programs addressing organizational needs using diverse methodologies.
- Develop and update training materials, including presentations, handouts, and online modules.
- Conduct group sessions, workshops, and one-on-one coaching sessions to facilitate skill development.
- Continuously evaluate and improve training effectiveness.

Psycare Aug 2025 - Present

Freelance Psychologist

- Conduct individual counseling sessions for clients dealing with emotional, behavioural, and psychological concerns.
- Provide psychological assessments, case history taking, and clinical observations to understand clients' needs.
- Design and implement therapeutic interventions tailored to each client's concerns (e.g., stress, anxiety, depression, relationship issues, academic concerns).
- Maintain professional boundaries and ensure confidentiality in all counseling sessions.

Rebuilding Minds Sep 2023 - Aug 2024

Trainee Psychologist

- Assisted senior psychologists in assessments, report-making, and conducting sessions.
- Participated in workshops, training programs, and internship activities to enhance practical skills.

Counsel India Dec 2023 - Jan 2024

Trainer

- Conducted classes and created assignments on various psychology topics for students and professionals.
- Facilitated interactive learning sessions and provided mentorship to psychology learners.

Hypnotherapist Jan 2025 - Present

Freelance/ Practice

- Gained hands-on experience working under senior psychologists.
- Applied hypnotherapy techniques including PMR, Empty Chair, Age Regression, Inner Child Healing, and Past Life Regression.

TECHNICAL SKILLS

- Symphony
- Zendesk
- Microsoft Office
- Amazon Connect
- One Note
- Lark
- Canva

CERTIFICATIONS

- Certification in Dream Analysis
- Certification in Eating Disorders

DIPLOMA COURSE

- Diploma in hypnotherapy

INTERNSHIPS

Praan Mental Wellness

Sep 2025 - Present

- Provide empathetic listening and emotional support to the callers.
- Follow established protocols to assess and refer callers to appropriate resources for help.
- Working for 14 hours per week.
- Maintaining and Reporting the call detail sheet daily.
- Be an effective and impactful listener by attending the Distress callers and directing them to seek counselling/ psychiatrist services if necessary.
- Attend monthly training sessions organised by the Counselling team to enhance basic training skills.

Vimhans Nayati Super Speciality Hospital

Jun 2019

- Observed patients with psychotic disorders and prepared detailed reports.
- Helped in adult daycare.

Moolchand Hospital

Jun 2017

- Gained exposure to observe various psychological disorders and learn treatment methods.

Barkat Welfare Society

- Worked towards improving the education and health conditions of underprivileged communities.