

DEEPSHIKA JANARDHAN



CONTACT

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● Bengaluru, India 560024

EDUCATION AND TRAINING

05/2020

Master of Science - Psychology

Montfort College
Bengaluru

05/2018

PGD in Counselling Psychology - Cognitive Psychology

Jain University
Bengaluru

04/2016

B.E - Information Science

SVCE
Bengaluru

SUMMARY

Dynamic psychologist with expertise in assessment, therapy, and mental health program development, combined with exceptional multitasking and communication skills. Results-driven professional with extensive experience in fostering positive client relationships and promoting emotional well-being. Recognized for delivering exceptional care, exceeding expectations, and consistently achieving outstanding outcomes.

SKILLS

- Organizational Development
- Assessment and Diagnosis skills
- Program development
- Research, Training and development
- Data Analysis
- Complex Problem-Solving
- CBT and ACT
- Psychometric assessment
- Conflict Resolution
- Narrative Therapy
- Counselling
- Data Evaluation
- Crisis Intervention
- Planning and documentation of therapy

EXPERIENCE

Department Coordinator Counselling Psychologist Drishti | Bengaluru, India

- 01/2022 - Current
- Delivered counseling sessions to support students in managing academic, emotional, and personal challenges.
 - Performed assessments and diagnoses, compiling comprehensive reports for board submission.
 - Created and facilitated onboarding materials and orientation sessions for new employees.

LANGUAGES

English: First Language
Malayalam
Kannada

- Led training and development initiatives for key stakeholders. Conducted Parent Orientation, Student orientation and Teacher Orientation programs.
- Introduced and managed performance evaluation systems, including appraisals and goal-setting frameworks, to enhance productivity.
- Offered individual and group therapy for clients dealing with mental health concerns.
- Administered psychometric evaluations to identify psychological conditions.
- Supervised interns, overseeing their delivery of counseling services.

Counselling Specialist and Life Skills Trainor **CMRNPS** | Bengaluru, India

- 05/2019 - 05/2020*
- Collaborated with multidisciplinary teams to provide comprehensive care for clients.
 - Monitored clients' daily activities and responded appropriately when needed.
 - Provided crisis intervention services for individuals in need of immediate assistance.
 - Conducted mental health assessments with clients in order to determine appropriate interventions.
 - Facilitated workshops and seminars on mental health awareness, stress management, and coping strategies.
 - Offered consultation services to organizations on creating mentally healthy workplace environments.
 - Individual sessions focusing on the areas of developmental disorders, neurological disorders, behavioral concerns, marriage concerns and much more.

Counsellor **Extramarks** | Bengaluru, India

- 01/2019 - 03/2019*
- Enhanced and optimized Extramarks, an online education platform catering to K-12 students and those preparing for competitive exams.
 - Engaged in student interactions to understand their challenges and offered support for both mental and academic choices.



12-Hours Online Workshop on

ACCEPTANCE & COMMITMENT THERAPY

Certificate of Participation

This is to certify that

Ms. Deepshika Janardhan

*participated in the 12-Hours Online workshop on
'Acceptance and Commitment Therapy' organized by
::Muktha:: Foundation from 16th to 18th September, 2022*



A handwritten signature in black ink, appearing to read 'Dr. Ashwini N.V.'.

Dr. Ashwini N.V
Director
Muktha Foundation