



DIVYA K

Counselling Psychologist



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thedivyaspace@gmail.com



Bengaluru, India

EDUCATION

🚩 Diploma in Child Psychology, Parenting, Clinical and Rehabilitation, Emomatrix, Delhi

🚩 Master's in Psychology, Madurai Kamaraj University

🚩 PG Diploma in Business Administration, Symbiosis, Pune

🚩 Bachelor's in Computer Science Engineering, Madurai Kamaraj University

SKILLS

🚩 Cognitive Behavior Therapy, Dialectical Behavior Therapy

🚩 Trauma Informed Approaches

🚩 Mindfulness-Based interventions

🚩 Group/Family Therapy

SPECIALISED AREAS

🚩 Child Psychology, Parenting Struggles, Teen issues

🚩 Relationship Counselling

🚩 Anger and Stress management, Anxiety disorders, Depression, OCD, rehabilitation & clinical disorders



PROFILE

A highly motivated Counselling Psychologist experienced in working with individuals across age groups in educational and real-world settings. Proven ability to create a safe, empathetic space and support clients in navigating emotional, behavioural, and interpersonal challenges.

Skilled in designing and delivering structured sessions focused on personality development, positive parenting, stress management, emotional well-being, communication, and relationship building. Committed to fostering self-awareness, resilience, and meaningful personal growth.



WORK EXPERIENCE

Program / Project Manager

TCS, India, USA (17+ years of experience)

- Have led large-scale projects and cross-functional teams efficiently, for international clients including the USA-based telecom clients
- Led client communication with international stakeholders (including UK-based insurance clients)
- Developed strong skills in leadership, empathy, team monitoring, and conflict resolution and decision-making
- Experience in mentoring, leadership, and people management, communication and problem-solving.

Applied Learning in Child Psychology & Counselling, Workshop Preparation and Individual Counselling

- Created sample, printable therapy-style worksheets aimed at improving cognitive abilities and social skills in children (ages 5–6).
- Prepared and facilitated introductory online discussions on emotional health, resilience, and social skills.
- Designed simple activity-based workshop ideas for children (ages 5–12) to support learning and self-expression.
- Explored psychological scales related to stress, anxiety, and mindful attention for potential use in small-group activities.
- Developed draft workshop plans on resilience, self-awareness, and coping strategies for adults.

KEY INITIATIVES

Child Development Initiatives

Designing activity-based worksheets to enhance cognitive and social skills in young children (pilot planned for 50 children).

Workshops conducted

- **Resilience:** Designed and delivered sessions for women from lower economic backgrounds focusing on self-awareness and coping strategies
- **Relationships:** Conducted workshop on emotional burden and relationship dynamics in women

INTERNSHIP EXPERIENCE

Intern – Counselling & Rehabilitation Psychology

Raghul Raj Speciality Hospital, Hosur

- Exposure to counselling, clinical practice, and rehabilitation in a hospital setting
- Assisted in counselling sessions and observed CBT, psychotherapy, marital, and group interventions
- Conducted MSE and supported developmental and psychological assessments
- Prepared case studies and basic psychological reports
- Worked with children with ASD, ADHD, and Down Syndrome
- Observed parental counselling and multidisciplinary care approaches

Intern – PsychMasters Program

Heart It Out, Bangalore

- Participated in structured training, workshops, and supervised learning sessions
- Observed live and mock therapy sessions to understand client interaction and therapeutic processes
- Engaged in case discussions to build clinical reasoning and case conceptualization
- Developed skills in rapport building, therapy frameworks, and ethical practice
- Applied psychological concepts in practical counselling contexts