

GEETA KUMARI

Email id: kumarigeeta3589@gmail.com

Address: Car Nicobar, Andaman and Nicobar Islands, India

Phone: 9531885253

Objective:

I would like to join your institution as an counselor where I can use my counseling knowledge and practice counseling skills. I wish to contribute towards the institution to enhance people psychological well-being, learn more, and gain experience.

Educational qualification:

- Pursued Master of Science in Counselling Psychology from School of Social Work, Roshni Nilaya, Autonomous college affiliated to Mangalore university Re-accredited by NAAC with 'A' grade(3rd cycle)
- Bachelor of Science in Psychology from Andaman College affiliated to Pondicherry University.

Strengths:

- Self-motivated and directed
- Responsible towards work
- Enthusiastic and hardworking
- Optimistic and positive attitude
- Non-judgmental approach
- Empathetic
- Sociable and approachable
- Good communication skills
- Multi tasker

Languages known: English, Hindiand Marathi

Therapy practiced skills

- Generic skills (trust worthy, attractive, competent)
- Observation skills (Active listener, appropriate body language, encouraging)
- Attending to the client's needs
- Appropriate questioning and focusing on concern
- Reflection of feeling and meaning
- Can lead the client to explore on his thoughts and emotions
- Self-Disclosure, Feedback and Confrontation when required
- Paraphrasing and summarization
- Empathetic concern towards the client
- Mental status examination and case conceptualization

Internships undertaken:

- Worked as intern at Gujarati Mahajan English Medium School in Manglore.
- Worked as an intern at Swami Vivekananda integrated School in Latur.
- Worked as intern at Hira women's college in Manglore.
- Worked as intern at Pace College at manglore.
- Worked as intern in Masood Nursing college at manglore.
- Worked as intern in Sree Devi Physiotherapy college at manglore.
- Worked as intern in Narayana Guru college at Manglore.

Workshops and psycho-educational programs Participated:

- Training under Inner-Child Healing, Psychotherapy from Anugragha, Dindigul.
- Participated in psycho- educational program on expressive therapy from school of social work Roshni Nilaya.
- Participated in Mindfulness skills training, Dialectical Behavior Therapy, School of Social Work, Roshni Nilaya, Mangalore.
- Participated in art expressive therapy workshop programme in school of social work Roshni Nilaya.
- Participated in Grief Therapy, School of Social Work, Roshni Nilaya, Mangalore.
- Participated in grief therapy programme in school of social work roshnilaya.
- Participated In Basic-course in Neuro-Linguistic programming.

Group Therapy Conducted

- M. Sc counseling, School of Social Work, Roshni Nilaya, Mangalore
- Rosario Composite Pre-University College, Mangalore
- Master of Social work, Roshni Nilaya, Mangalore
- NSS members, School of Social Work, Roshni Nilaya, Mangalore
- Daughters of The Heart of Mary, Kinder Garten, Mangalore
- Kailkere Rukmini Shetty Memorial College of Nursing, Mangalore

Areas of Concern Dealt

- Team-Building
- Positive Attitude
- Leadership
- Planning and Prioritizing
- Goal Setting
- Handling Crisis
- Emotions
- Building Self-Confidence

Psycho-education Conducted

- Psychoeducation on Self-Esteem, St. Aloysius Autonomous College, Mangalore
- Self-Competence, Morning Star English Medium School
- Facilitated the National Level Psychoeducational - workshop to Foster acceptance, Build competence and Enhance skills through Play.
- Adolescence Wellbeing at St. Rita English Medium School, Mangalore to enhance the wellbeing of participants.
- Influence on Social Media Psychoeducation conducted at SCS College of Nursing, Mangalore.
- Positive Schooling Psychoeducation at Honeycomb Montessori School to develop teaching skills of teachers at Mangalore.

Work Experience

- Worked as counselor in Integrated Rehabilitation Centre for Addicts for 6 months.
- Currently working as Project coordinator at Integrated Rehabilitation centre for Addiction under ICDS Tribal Project Car Nicobar, Andaman and Nicobar Islands since 2021 with 2 year of experience.