

## PROFILE

1. Over three decades of extensive counselling experience in India and Cambodia.
2. Recognized for my expertise in helping clients manage relationship with others and self. I have worked with people helping them deal with anxiety, depression, self-esteem, boundaries, self-care, grief, bereavement, divorce, eating disorders, personality disorders, dissociative disorders, childhood trauma/abuse, sexual abuse, premarital/marital issues and a variety of other issues.
3. Ability to bring in a unique combination of compassionate understanding and expertise to apply relevant therapies always maintaining a client centered approach.
4. I have strong work ethics with an emphasis on client confidentiality and well-being.

Having worked with expatriate clients from approximately 17+ different nationalities, my work in Cambodia and India has given me tremendous exposure to multi-cultural issues.

As I place high importance on self-development and learning, I strive to keep abreast of the latest therapies and counselling techniques.

Starting my own practice is an ongoing enriching and fulfilling experience.

## COUNSELLING EXPERIENCE

July-2008 to date

**Hope Counselling Clinic - Pune**

Set up my own private practice.

Voluntary involvement with Connecting, an NGO that helps in suicide prevention, and works with people in distress.

Conduct regular training in Active Listening Skills and Suicide Prevention

Mentoring of suicide helpline volunteers

Run training workshops on Suicide awareness and prevention, stress management, self care, anger management, personality development, boundaries- among other topics

Initiated Peer Support/Supervision Group for interested Counsellors in Pune

Mentoring and supervising fresh practitioners/counsellors

Dec-2006 to Jun-2008

**Phnom Penh Counselling Centre - Cambodia**

**Staff Counsellor**

Part of an international counselling team which specialised in individual counselling and conducting training workshops for various NGOs

- Ongoing individual counselling for expatriates
- Acquired intensive experience in dealing with cross-cultural and multi-cultural issues.
- Conducted workshops on a range of topics to staff of various organisations.
- Designed and implemented performance evaluations for the counselling, rehabilitation and re-integration department of an international NGO, Hagar - works among women from difficult backgrounds.
- Involved in conflict resolution and mediation for international clients / staff.

1987- 2006

**Independent Counsellor**

India

Undertook voluntary work as a counsellor in the church of North India.

Led training seminars on counselling skills and a range of related topics.

Conducted group counselling with high school students at Mukti Mission, Kedgaon - orphanage for girls in Maharashtra, India.

## CERTIFICATIONS

| Period      | Institution  | Course  |
|-------------|--|---|
| Oct 2001    | Person to Person   | Advanced Biblical Counselling, India                                |
| Feb 2002    | Word for Life Trust  | Christian Counselling, India  |
| Jan 2004    | Haggai Institute   | Advanced Leadership Skills, India                                   |
| Jan 2006    | Association of Christian Counsellors                                   | Family Counselling, India   |
| Sept 2007   | Word for Life Trust  | Counselling Level 1, India (ACC South Asia)                         |
| Oct 2007    | Narramore Christian Foundation   | Counselling and Member Care, Thailand                               |
| Feb 2008    | Person to Person   | Counselling Level II, India<br>(Accredited Course - ACC South Asia) |
| May 2008    | Peace Bridges  | Conflict Counselling & Mediation, Cambodia                          |
| July 2008   | EMDR Association of Hong Kong  | EMDR Level I, Hong Kong   |
| Nov 2008    | ACC South Asia   | Accreditation - Level II Counsellor                                 |
| Nov 2008    | Connecting, Pune   | Suicide Prevention (Non-certificate Course)                         |
| Jan 2009    | EMDR Association India   | EMDR Level II, India  |
| Jan 2009    | California Board of Behavioural Sciences                               | Trauma Focused-CBT  |
| March 2009  | Suraag Lambrou, South Africa   | Basics in Somatic Healing (Non-certificate Course)                  |
| Feb 2011    | Marriage Counsellor's Training   | Accredited course - ACC South Asia                                  |
| Mar 2011    | EMDR Gear Box  | EMDR India  |
| August 2011 | Person to Person   | Counselling Level III (ACC South Asia)                              |
| 2015        | ACC South Asia   | Accredited Level III Counsellor #1                                  |
| March 2017  | National Institute for the Clinical Application of Behavioral Medicine | Continuing Education Certificate                                    |
|             | Basic Academic Qualification   | M.A. Counselling  |

## PERSONAL INFORMATION

Date of birth                      03 June 1959  
 Marital Status                    Married 1981  
 Languages known                English, Hindi, Marathi, Khmai