

Name: Ms. Yashaushwani

Email Address: yashaushwani@gmail.com

Contact Number : 9654309735

Professional Title/Occupation:

Counselling Psychologist, Career Guidance Professional, NLP Practitioner

Organisation: Holy Child Senior Secondary School

Address of Organisation/Practice: Tagore Garden Extension, New Delhi, Delhi 110027

Professional Qualifications:

M.A. Psychology (Delhi University)

Post Graduate Diploma in Guidance and Counselling (Jamia Millia Islamia University)

Courses undertaken in Play Therapy: Play Therapy as a Counselling Tool (ongoing)

Details of any other relevant qualifications/courses taken in the field:

(i) Career Counselling Certification Course for Guiding School Students

(ii) Certification in Neuro-Linguistic Programming (NLP) from The Academy of Modern Applied Psychology

Currently undergoing supervision in current practice: No

Ages catered for: Children and Adolescents [Age 6 years to 18 years]

Services offered:

Counselling and guidance for Children with Special Needs (CWSN), Behavioural Issues, Individual Remedial Sessions for 'At-Risk' children, Group sessions for Parents, Development of Social Skills, Life Skills Workshops for age groups upto 18 years, Adolescent emotional issues.

Personal Profile:

I am a practicing counselling psychologist and career guidance professional. I am currently working as a guidance counsellor at a prominent school in New Delhi. I aim to construct an integrated approach for the holistic development and enhance children's skill acquisition and develop new approaches and improvements for teachers and parents as well.

While dealing with my clients, I often utilize a variety of techniques such as play therapy, narrative therapy, cognitive-behavioural therapy and solution-focused brief therapy to form comfortable

rapport with them and also help them understand themselves better. Play therapy not only helps the individual to be at ease while sharing their experiences but also discover their strengths deeply. It has helped students gain confidence in themselves and also accept and deal with their inner conflicts.