

Name: Shruti Pandey

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Professional Title/Occupation: Guidance Counsellor

Organisation: Trained from NCERT

Address of Organisation/Practice: Freelance, Delhi

Professional Qualifications:

B.el.ed - University of Delhi, Master's in Psychology with specialization in Clinical Psychology from IGNOU, Post Graduate Diploma in Guidance and Counselling from NCERT.

Courses undertaken in Play Therapy:

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

1. Certificate Training in Health and Well-Being in Schools from Central Board of Secondary Education - CBSE, India.
2. Certificate Training in Learning Outcomes and Pedagogies from CBSE, India.
3. Cognitive Fitness Course from Harvard Medical School.
4. Positive Psychiatry and Mental Health Course from the University of Sydney.
5. International Baccalaureate Category 3 Training Certificate
6. Certified Microsoft Innovative Educator from Microsoft Education

Currently undergoing supervision in current practice: No

Ages catered for: Children and teenagers

Services offered:

Individual Counselling - Personal Social Concerns and Career Counselling

Personal Profile:

I am a trained and experienced International Baccalaureate teacher. The passion to help people enhance their way of living for holistic well-being brought counselling into my profession. I am currently completing my internship as a trainee Guidance Counsellor in NCERT, Delhi. I have helped many high school and college students by providing career guidance. Practising Hatha Yoga from Sivananda Yoga Centre and teaching yoga for mental health has improved wellbeing of my clients. I am undoing professional yoga training from Indian Yoga Association at present as well.

My journey in guidance and counselling started years back from learning child psychology in professional teaching course at University of Delhi. Through high motivation and counselling skills I started helping elementary school students. I pursued Masters degree in Clinical Psychology and worked as an intern in 'The Beautiful Mind Clinic' under a leading Psychiatrist of AIIMS, India. I am determined in giving back to the society by providing Career Counselling, Personal Counselling and Yoga sessions. I have developed interest in play therapy while I was completing my Master's in Psychology. I would like to practice using play therapy in my coming years of school students' counselling. I have used play therapy while helping my class students in DPS International Edge School for 3 years. I used to collaborate with school counsellor and special educator to facilitate the process.