

Aditi Banerjee

Counselling Psychologist

Kolkata, West Bengal · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

M.A. Psychology graduate with a counselling specialisation and supervised practice with college students and adolescents. Trained in person-centred and CBT-informed counselling, psychometric testing and group sessions on stress and study habits. Seeking a counselling psychologist role in a school, university wellness centre or online counselling platform with regular clinical supervision.

SKILLS

Individual counselling · CBT techniques · Psychometric assessment · Group facilitation · Case documentation · Crisis referral · Active listening · Workshop design

EXPERIENCE

Counselling Intern — university student wellness centre, Kolkata

6-month supervised internship

- Conducted around eighty supervised one-to-one sessions with undergraduate students facing exam stress, homesickness and relationship concerns.
- Administered and scored standard anxiety and depression screening scales, discussing results with the supervising psychologist.
- Co-facilitated six group sessions on time management and sleep hygiene for first-year hostel residents.
- Maintained confidential session notes and followed the centre's referral protocol for students showing risk indicators.

School Counselling Trainee — CBSE senior secondary school, Kolkata

2-month field placement

- Ran classroom sessions on emotional awareness and bullying for students of classes seven to nine.
- Assisted with aptitude testing for class ten students and prepared summaries for career guidance meetings with parents.

EDUCATION

M.A. Psychology (Counselling) — state university, Kolkata

Dissertation on academic stress and coping among hostel students

B.A. Psychology (Honours) — government-aided college, Kolkata

CERTIFICATIONS AND REGISTRATIONS

- Certificate course in Cognitive Behavioural Therapy basics
- Mental health first aid training

PROJECTS

- Peer listener programme — trained twelve student volunteers in basic listening skills and clear referral steps

LANGUAGES

English · Bengali · Hindi