

Preeti Asgaonkar

Psychologist

Ph.D. Scholar, S.N.D.T. Women's University

Mental health professional with 14 years of experience in diverse settings and population. Holds a Master's degree in Psychology with a Specialisation in Clinical Psychology. Professional work at present and in the past include psychotherapy with expertise in child, adolescent and adult population, psychological testing, conducting workshops, Employee Development programs, interview panellist for Maharatna companies, teaching, mentoring and research.

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EXPERIENCE

Psychotherapy and Psychological testing

Kokilaben Dhirubai Ambani Hospital- New Mumbai- Psychologist- Present

- Child and Adolescent Clinic
 - Adult Psychotherapy Awareness Programs
- Community

Sajag Clinic - Chiplun, Maharashtra - Clinical Psychologist
2016-Present

- Community awareness
- Pediatric Testing
- Therapy/Counselling

Cult Fitness - Psychologist/Psychotherapist

February 2022- February 2023

- Psychotherapy (Clinical and Non-Clinical Cases)
- Support Groups (Depression, Grief, Anxiety)
- Webinars (Corporate Clients)
- Supervision for Peers and partner support

Parle Tilak Vidyalaya, Vile Parle — Psychologist

June 2014 - January 2022

- The Behavior modification therapy program was selected as the top **5 Best School Counselling program under H ward, Mumbai.**

LANGUAGES

English

Hindi

Marathi

CAN ADMINISTER TEST-

WISC

WAIS

KB

CARS

BG

TAT

CAT

ROR

MMPI

W.J.

WMS

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PRESS MENTIONS

Maharashtra Times e newspaper

Mid-Day

Maharashtra Times

Sagar - Chiplun - Maharashtra

VOLUNTEER WORK

Kamothe Police Station. Panvel

Stress Management for

Police Officials

Sajag Clinic - (2021)

- Setting up a counselling helpline in rural (Konkan) Maharashtra during the COVID pandemic.

- The school counselling program included the school being the FIRST to adapt -EU-Dap- Mini Unplugged, School based Prevention program for substance abuse.
- Students receiving awards by M.D.A. and Bombay Psychiatric Society for Dyslexia, Substance abuse prevention among students and for National Cyber Psychology Conference 2018.
- Making the school environment conducive for students with Autism Spectrum Disorder, Learning Disability, Attention Deficit Disorder, Mild Intellectual Impairment, Anxiety Disorder, Clinical Depression.
- Mentoring/ supervising/ coordinating with the new recruits (psychologists) in the sister concern schools under the management.

Beams Hospital, Khar- Clinical Psychologist
June 2014 - 2019

New Horizons Child Development Centre, Mumbai. Clinical Psychologist
April 2013 - September 2013

Chikitsak Samuh Shirolkar High School, Mumbai. - School Counsellor
July 2010- May 2012

- Mental Health of Underprivileged Children.

Royal Orison Edification, Mumbai- Clinical Psychologist
April 2010

Teaching & Mentoring

TISS, Chembur - Visiting Faculty
September 2021

- PG Diploma in Counselling - Teaching and Internal assessment for the module of Human Growth and Development Across Lifespan course.

Shreemati Nathibai Dongarse Thakarsey Women's University (S.N.D.T.) - Visiting Faculty
2018- 2023

- M.A. Industrial and organizational psychology - Teaching and internal assessment for the module about Employee Counselling for students.
- M.A. Counselling - Mentoring/supervising teaching psychotherapy, during internship.

Bombay college of Pharmacy. Mumbai - Visiting Faculty

- Training the helpline counsellors
- Designing an Intake form for the 'SUKOON' Helpline.

Parle Tilak Vidyalaya, Vile Parle – (2020)

- Setting up a Helpline for Parents/ Teaching and Non-Teaching staff of the 5 Schools under the School Management.

Ram Krishna Mission, Mumbai (2013)

- Personality Development Workshops for Under Privileged children and Junior College students.
- Organising Intercollege competitions on the occasion of 150th Birth Anniversary of Swami Vivekanand.
- Judge for Interschool Elocution competition.

HOBBIES

Reading
Singing
Dancing

March 2011-2013

- S.Y.B.Pharm-Teaching and evaluation- Industrial and Organisational Psychology

R.D. National College, Mumbai - *Visiting Faculty*

2013

- M.A. - Papers in Clinical Psychology.

D.G. Ruparel College of Arts, Science and Commerce, Mumbai -
Lecturer

June 2009 – July 2010

- T.Y.B.A - Industrial and Organizational Psychology, Practical's in Cognitive processes and Psychological Testing.
- S.Y.B.A. - Developmental Psychology.

Trainings and Workshops Conducted

TISS- Mumbai

The School Initiative for Mental Health Advocacy (SIMHA)

2021

- Topic - Strategies for Self-care management and Burnout
- Group - School Teachers, Principals, school counsellor across Maharashtra.

Hindustan Petroleum Corporation Limited

November 2017

- Topic - Cognitive Engineering.
- Group - Research Scientist.

Bhavan's College – 2016

- Topic- Positive Life
- Group- Teaching staff of Degree College.

Oriental Bank of Commerce.

February 2014- 2017

- Topic - Communication Skills, Motivation, Team Building, Work Family Balance
- Group - Clerical staff, Front line officers and Sub Staff.

Bank of Maharashtra.

January 2012- 2016

- Topic - Emotional Intelligence, Leadership development, Communication Skills, Team Building, Stress Management, Behaviour modification, Work family Balance.
- Group - Clerical staff, Front line officers, Managers, Class IV Employees.

D.G. Ruparel College.

April, 2012

February, 2010

- Topic - Stress Management, Effective Study Techniques and Time Management.
- Group - Professors, Students

Apna Bazaar.

December, 2009

- Topic - Employee Development program.
- Group - Branch Managers.

Interview Panellist

Hindustan Petroleum Corporation Limited

2014 – PRESENT

- Psychologist
- Designing an informal assessment for selection of candidates during the interview process.

GAIL India, 2022

- Psychologist

S.P. Jain Institute of Management studies. Mumbai- Psychologist

2014-2015

- Abhyudaya Project - selection procedure of Sitaras (bright & underprivileged children).

Research

- Ongoing Doctoral Research in Positive Psychology.
- ‘Hope, Perceived Stress and Satisfaction with Life’ among school teachers at the Indian Congress for Industrial and Organisational psychology organized by University Department of Psychology, University of Rajasthan. (2018).
- ‘Techniques in Psychoanalysis’ at the National seminar organized by University Department of Applied Psychology, University of Mumbai. (2008-2009).
- ‘Relationship between Hypomania, Sensation Seeking and Decision-Making Styles’ (2008-2009)

EDUCATION

<p>S.N.D.T. Women's University - <i>Registered for PhD</i> (January, 2017)</p> <p>Mumbai University - <i>M.A. Applied Psychology (Clinical)</i> (Class improvement, 2012)</p> <p>Mumbai University - <i>M.A. Applied Psychology (Clinical)</i> (2007- 2009)</p> <p>Mumbai University D.G. Ruparel College – <i>B.A. Psychology</i> (2004- 2007)</p>	
<p>WORKSHOPS AND TRAININGS ATTENDED</p> <ul style="list-style-type: none"> • Queer Affirmative Practice in Counselling (2022) • Child Sexual Abuse - Institute of Psychological Health (2017) • Protocol Development for Digital Safety Workshop. (2017) • “REBT with Children” organized - Dr. Shishir Palaspure. (2012) • “REBT at WORKPLACE” - IN VIVO. <p>REFERENCES</p> <p>Dr. Nilesh Thakre HOD - Psychology Department, S.N.D.T. Women's University nilesh.thakre@psychologymumbai.sndt</p> <p>Dr. Ajit Dandekar Psychiatrist- Nanavati Super Speciality Hospital</p> <p>Dr. Anuradha Sovani Trustee and Consultant, Institute for Psychological Health, Thane. Ethics Committee Chair and National Core Committee Member, Association for Adolescent and Child Care in India. Co Founder, NoahClique External Trustee, GSMC and KEMH Diamond Jubilee Society Trust Former Dean, Humanities and Former Professor and Head, Department of Psychology, SNTD Women's University and University of Mumbai prior to that. anuradhasovani@gmail.com</p> <p>Dr. Neeta Tatke Vice Principal - D.G.Ruparel College, Mumbai neeta.tatke@ruparel.edu</p>	

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