

Sushree Mishra, Counsellor & Psychotherapist - 10 Years of impactful Therapy & Intervention experience in Institutional, Corporate, Family, Couple and Individual settings.

Handphone + 919449012910, E-Mail : sushree@humancontext.in / sushreecounsellor@gmail.com
DOB : 29th October 1980 , Indian National ,C 804 ,Purva Skywood , Bangalore , 560102

Education & Training

Masters in Psychology , Madras University , 2012.

Diploma in Counselling , Parivarthan , Bangalore (Member Of British Association Of Counselling & Psychotherapy BACP , London) , 2008-09.

Masters in Sociology , Hyderabad Central University , 2003

Counselling Expertise

- Career choice , Career aspiration and Growth , Career continuity.
- Stress, Anxiety , Depression ,Absenteeism (Related to Academic Performance)
- Bullying , Self Image , Identity issues , Self Care , Self-Esteem concerns, Interpersonal concerns.
- Relationship issues in couple , family and Individual contexts.
- Domestic Violence , Separation , Alcoholism , Abuse.
- Sexuality , Cross-dressing & Sexual Harassment.
- Mental Illnesses – Mood Disorders and Personality Disorders.

Professional Summary

Sushree is a counselling professional with a background of Social sciences , Psychology and core professional training in the field of Psychotherapy. She has a decade of experience in providing counseling , training and Group therapy in multiple contexts. She is passionate about making a positive and meaningful difference to her clients through her chosen profession. Sushree has demonstrated track record of healing and helping individuals with emotional and psychological disturbances. She focusses on Emotional wellness especially amongst Young Adults. (18- 35 years)

Counselling Approach

Integrated Therapeutic Approach to Counselling

* Cognitive Behavioural Therapy , Rational Emotive Behavioural Therapy , Humanitarian Approach , Expressive Art Therapy , Positive Psychology based tools.

Employment History

Co Founder & Counseling Practice Leader at Human Capital Foundation, January 2014 - Present.

Sushree leads a panel of counselors and Psychologists to extend counseling services at multiple Corporate Houses, GOI Institution (Indian Army, NIFT), NGOS and Educational Institutions. It includes Behavioral Assessment, Career counseling, and Group counseling and related training.

Child Counselor, Ananya Trust, Bangalore, June 2013- June 2015.

Counselor, Parivarthan Outreach & Helpline Counseling Services, August 2011 – September 2016.

Resource Person and Counselor, Enfold Proactive Health Trust, October 2012 - Present

Sushree is part of Enfold 's team for the prevention of Child Sexual Abuse through the assistance and involvement of Bangalore Police. The purpose is to create awareness among Bangalore Police to be more effective while dealing with sexual harassment and abuse cases especially with minors.

Psychotherapist, Shri Jaggannath Clinic, January 2012 - June 2017.

Certifications

- Master Trainer & Facilitator, Middle Earth, 2015.
- Unlocking the Immunity to Change , Certification from Harvard University , EdX Program , 2014.
- Advanced Training in Child & Adolescent Counselling , 2010.
- Advanced Training in Couple & Family Counselling , 2011.

