

## SEJAL SABLE

- Mumbai, India 400607
- +91 8956668957
- sablesejal@gmail.com

#### **SUMMARY**

Motivated student eager to apply classroom knowledge to real-world experiences, with a strong willingness to learn and contribute. Effective communicator with a collaborative mindset, ready to bring fresh perspectives and a strong work ethic to any team.

#### **SKILLS**

- Psychoeducation delivery
- Anger management techniques
- Play therapy techniques
- Self-awareness
- Empathy development
- Grief counseling
- Client assessment
- Case management
- Individual sessions
- · Social skill building
- Client progress analysis
- Group sessions
- Behavioral interventions
- Treatment plan development
- Case notes
- Individualized counseling
- Counseling techniques
- Dance movement therapy
- Cognitive behavioral therapy (CBT)
- Art therapy techniques

- Friendly, positive attitude
- · Analytical thinking
- Verbal communication
- Excellent communication
- Calm under pressure
- Active listening
- Team management
- Facilitation techniques
- Team building
- Counselling Techniques
- Fluent in language: English, Hindi and Marathi
- Classroom instruction
- Psychotherapy techniques
- Group therapy facilitation
- Family therapy
- Cognitive restructuring
- Group therapy
- · Social work
- Psychological assessment

### **EXPERIENCE**

#### INTERN COUNSELOR, 12/2024 - Current

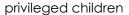
Aaji care, Mumbai, India

- Opportunity to work with the elderly.
- Learned skill of Patience and also how to handle disappointments at times.

SOCIAL MEDIA MARKETING INTERN, 10/2020 - 01/2021

Aashman Foundation (NGO), Pune (Online), India

Aashman Foundation is an NGO that works for single income family widows and less



#### INTERN COUNSELOR

St. Xaviers College, Mumbai, India

- Allowed me to witness resilience and strength.
- Had an hands on experience on how to work with adult client and in an online setting.
- Helped me apply different modalities during actual practice.

#### **INTERN COUNSELOR**

Navi Mumbai Municipal Corporation School, Mumbai, India

- The ability to use academic knowledge in a real world setting while assisting kids with their emotional and psychological issues.
- Learned to also work in a group setting.
- Helped enhance my growth both professionally and personally.
- Helped me in applying different modalities and look at every case from a modality that best suits them.

#### STUDENT INTERN

African Carribean Care Group, Manchester, United Kingdom

- This was a 70 hour work based learning opportunity, where I got a chance to develop my communication skills by getting an opportunity to directly communicate with the service users/elderly.
- I learned more about the servant leadership approach and also different intervention approaches within the health care.

#### STUDENT INTERN

Aaranyeshwar English Medium School, Pune, India

During my internship period at the Aaranyeshwar English Medium School, I got an
opportunity to interact with the children within the age range 15-18 and observe
the behaviour of the children throughout the day and build on the observation
skill.

#### STUDENT INTERN

Chaitanya Mental Health Institute, Pune, India

During my internship period here, I got a chance to interact with the clients, build
on the communication skills, learn to read files and work on other skills such as
empathetic understanding, and commitment to learning.

# EDUCATION AND TRAINING

St. Xavier's College, Mumbai, India

Masters in Lifespan Counselling: Lifespan Counselling

Manchester Metropolitan University, Manchester, United Kingdom Postgraduate Diploma

	Fergusson College , Pune, Bachelor of Arts: Psycholog			
	Mount Carmel Junior College, Pune, India, 02/2017 Higher Secondary Education Certificate  Sinhgad Spring Dale School, Pune, India, 03/2015 Secondary School Education Certificate			
LANGUAGES	Marathi: First Language			
	English:	C2	Hindi:	C.
	Proficient (C2)		Advanced (C1)	
CERTIFICATIONS	Personal Counselling Certificate Course, St, Xavier's College, Mumbai			