



SEJAL SABLE

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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

privileged children

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, India, 04/2020
Bachelor of Arts: Psychology

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:

C1

Proficient (C2)

Advanced (C1)

CERTIFICATIONS

- Personal Counselling Certificate Course, St,Xavier's College, Mumbai