

CURRICULUM VITAE

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INTRODUCTION

An Empathetic, Compassionate, Sensitive, Accepting, Introspective, Non - Judgemental, Resilient Human Being, and an Evergreen Learner, before being a Competent, Committed , Enthusiastic, Diversely Skilled and Experienced Mental Health Counselor/Counseling Psychologist/Psychotherapist. This enables me to understand and feel my clients situations and helps me to see them beyond their symptoms, struggles or shortcomings; rather see them in the collage of their Life Stories and Uniqueness.

EDUCATIONAL QUALIFICATION

- M.A in Applied Psychology, Manav Rachna International Institute for Research and Studies (MRIIRS), Year 2018-2020 – CGPA - 7.66
- Bachelors in Textile Designing, National Institute of Fashion Technology (Kangra), Year 2009-2013-CGPA-6.55
- Senior Secondary Board Exams (CBSE), Delhi Public School (Faridabad), Year 2009- 70%
- Secondary Board Exams (CBSE), Delhi Public School (Faridabad), Year 2007- 82 %
- 2.5 Years Advanced Level Certificate Training in Mindfulness & Presence Oriented Psychotherapy from Just Being Center (Pune) - 2020 to 2026 (Still Pursuing)
- 100 hour Certificate Course in Expressive Arts Therapy at The Secret Ingredient (Mental Health Clinic at Pune)
- Certification in Therapeutics of Expressive Arts in Buddhist Practices (Foundation Level) from St. Miras's College for Girls (Pune) and SoulSphere (Pune)
- 10 Hours Training in Therapeutic Storytelling & Puppetry from Flourish Lifeschool
- Demystifying Sexuality from Enfold (Bangalore) - Certification in Sexual & Reproductive Health
- 16 Hours Professional Training in Trauma Informed Psychological Intervention Training from CORE - Connect & Restore

- 1 month Training in Advanced Counseling Skills from Unique Institute of Behavioural and Social Sciences (Delhi) under Clinical psychologist Gagandeep Kaur
- 15 Days Programme on Psychological Assessments across Disorders from Cognizavest (Online) under Clinical Psychologist Pragati Prasad
- 15 Days Programme on Psychotherapies for Counseling Setup under Clinical Psychologist Anvita Sukla (Online)

TRAININGS & INTERNSHIPS

- 70 hours – Short Term Internship in Counseling at Karma Center for Counseling and Well-Being (Delhi)
- 50 days of Clinical Internship at Asian Institute of Medical Sciences (Faridabad) under Clinical Psychologist Trinkar Arora
- 2 months of Counselling Internship at Ummeed Counseling and Consulting Services (Kolkata) under Counseling Psychologists Dr. Sarbani Das and Pinki Banerjee
- 530 hours of Counselling Internship at Mindlogs Psychological Services (Noida) under Dr. Saakshi Mehrotra
- 2 Months of Clinical Internship at Happy Minds – Mon Bhalo Toh Sab Bhalo (Kolkata) under Psychiatrist Dr. Soumyadeep Saha and Clinical Psychologist Swapnaja Adhikary.
- 2 months Training named Learning Through Role-plays at Karma Center for Counseling and Well-being.
- 2 months Training in Psychotherapy at Karma Center for Counseling and Well- Being
- 2 months Training at Ananya Child Development Center (Hyderabad) with Children of Special Needs.
- 6 days Training in Behaviour Modification Training Programme under Child Psychologist Dr. Priyanka Halwasiya (Delhi)
- 5 Days Webinar Series on Body Image at Karma Center for Counseling and Well-being
- 5 Days Webinar Series on Queer Affirmative Therapy at Karma Center for Counseling and Well-being
- 5 Days Webinar Series on Intersectionality in Queer Community at Karma Center for Counseling and Well-being

WORK EXPERIENCE

I have been working as a Therapist for 4 years with Adolescence, Young Adults & Geriatric Population in my Private Practice. I follow an Eclectic, Trauma-Informed, Existential Humanistic, Queer, Trans & Poly Affirmative, Emotionally Focused, Strength Based & Sex-Positive Lens as a Therapist. I am also an Expressive Arts Therapy Practitioner thus incorporates Modalities from Expressive Arts Therapy in my Therapeutic Practice, as well Mindfulness Based Therapeutic Modalities which were are part of my Trainings and Internships.

I help my Clients to process their trauma, manage their emotions, navigate their struggles & focus towards a holistic Mind-Body-Soul Well-Being. The majority of my practice focuses on working with People who have experienced Complex Trauma, Adverse Childhood Experiences, Abuse and Bullying, High Suicide Risk, Discorded Relationships, Breakups Heartbreaks & Betrayals, Relational Trauma, Sexual Trauma, Attachment Concerns, Identity Crisis, Gender & Sexual Identity, Self -Esteem, Body Image Concerns, Sexual and Reproductive Health, Anxiety, Depression.

I am also a Sex-Educator working towards promoting Sexual and Reproductive Health, received my training in this regard from Enfold India (Bangalore).

It have been 1.5 years that I have been working with an NGO named Bachpan - Save The Innocence, which works for Child Sexual Abuse Survivors; as a Consultant Psychotherapist and Expressive Arts Therapy Practitioner.

I worked as a Mental Health Expert in Now & Me for 6 months where I offered Online Therapy Sessions & Chats/Audio Support to Users.

It's been 6 months that I have been running 3 months (130 hrs) Training Programmes in Counselling & Psychotherapy for Masters in Clinical/Counseling/Applied Psychology Final Semester Students & Fresher Therapists.

RESEARCH EXPOSURE

- Master's Dissertation: - Topic- "Effect of Gratitude on Self-Esteem" (Correlational Research)
- Internship Research: - Topic- "INTROVERTS or EXTROVERTS – Who are more VULNERABLE to DEPRESSION?" (Review Paper)

WHO AM I PERSONALLY

Apart from being a Mental Health Professional, I am a Writer, Poet and an Artist. I Sing and Dance as a Hobby, professionally trained in Kathak Dance, hoping to soon get Professionally Trained into a Western Dance Style and learn playing Flute. Music has always been an important part of my Personality and very closely related to my Mood. Simultaneously Nature had been an important part of my Life, always Calming and always Healing, with different elements of Nature impacting me differently.

LANGUAGES KNOWN- English, Hindi, Bengali

COMPUTER SKILLS

- Microsoft-Word
- Microsoft-PowerPoint
- Microsoft-Excel
- Canva