

My Profile

Personal Details

Usha Gaonkar

Date of Birth - 4th January 1971.

Mira Road East

Academic Details

- Completed B.A in Psychology from Mount Carmel College, Bangalore University in 1990
 - Completed M.A in Clinical Psychology from IGNOU, Delhi.
 - Completed a 2-week certificate course in Basic Counseling and Communication Skills from IPH (Institute of Psychological Health)
 - Have completed a 5-day skill training workshop on “Counseling Adolescents – Issues and Challenges” from IPH
 - Certified in REBT for adults (40 hours of intense training and practical application)
 - Certified in REBT with children and adolescents – 3 days of intensive practical application
 - Attended a 1-day workshop on Understanding and Explaining Child Sexual Abuse by IPH.
 - Attended the Advanced Child Protection Training Seminar conducted by ISKCON GBC in Govardhan Eco Village for 3 days.
 - Completed 2-day course of psychometric assessments for personality disorders (Rorschach, MMPI, MCMI)
 - Completed 5- day workshop on identifying learning disabilities and autism.
 - Part of the Child Care and protection initiative for ISKCON Chowpatty.
 - Attended a workshop on understanding and managing substance abuse.
-

Professional Details

Currently working with Bhaktivedanta Hospital and Research Institute as a consulting clinical psychologist for the past 4 years.

My profile involves working closely with the Psychiatrist in treating patients with clinical disorders like anxiety, depression, OCD, Bipolar Disorder, Schizophrenia, etc. I also handle couples, adolescents and relationships counseling.

Use of CBT as well as REBT for therapeutic purpose. Facilitate psychometric testing as and when required.

From June 2013 to April 2017 - As a school counselor for Gopal's Garden High School.

Counsel the parents and children on any behavioral or emotional concerns

Help in the assessment and guidance of weak students.

Conduct workshops for teachers and other staff on child care and protection,

Conduct workshop on Prevention of Sexual Harassment to create awareness in employees of the school.

Interact with teachers to get regular classroom feedback.

Conduct life skills classes for standard 7,8,9 &10.

Conduct workshops for children on life skills and for parents on child protection, childcare and nurturing across Maharashtra