



SONAL BHARAT JANI - Counselor, SWAYAM, MNWC

“YOU LIVE, YOU LEARN, YOU UPGRADE” says Mrs. Jani. She has completed her M.A in clinical psychology with flying colors from our esteemed college itself. Mrs. Jani believes in live life fully, upgrading self from learning and utilizing knowledge for the people hence she has undertaken various courses like Advance Diploma in Counseling, Diploma in Early Child Care Education and Administration with ‘Distinction’. She is good at working with both children and adults from different age groups and cultural backgrounds. Her Aptitude lies in a wide range of clinical tasks including patient assessment, counseling and interventions. While using an integrative approach, she draws from her training & experience to adapt her skills and therapy modalities to the individual needs of the person. In addition to her qualifications, she attends regular conferences and specialized courses to maintain up to date continuous professional development few of which are listed below:

- *Integral Somatic Psychology (ISP) Training 'Level 1 (2019)*
- *Primary workshop on RECBT – children and adolescents (2017)*
- *Level -1 training course of Life First Tobacco Cessation Training program (2017)*
- *Attended seminars on Autism Spectrum Disorders, Perspectives in School Psychiatry and Counseling, Thematic apperception Test, Sex education (2017)*
- *Attended International Seminar on “Cognitive assessment and Enhancement”, and seminar on “Wired differently: Unlocking Brain in developmental disabilities” (2016)*
- *Conducted workshop on time, anger and stress management (2015)*
- *Attended seminar on “DSM-5” and “School Counseling & The Modern Child” (2013)*

She resonant with this saying "If there are setbacks along the way, it is only to remind you to take one step at a time. Slowly and steadily and surely you will reach the top of your mountain".