

## **CAREER GUIDENCE AND COUNSELLING**

We believe one of the best obligations is that of another life. All the more so when one needs to support it, teach it and guide it towards a satisfied, happy and fulfilling life. The experience of our senior specialists demonstrate that the main drivers of the genuine concealed issues of the grown-ups lie in their childhood, majorly. The fundamental explanation behind this is, as untrained people we truly don't understand how the mind functions... How it deciphers considerations and proposals at various ages? What is a person's suggestibility and how it is framed? What makes every child a unique individual and what is the connection between mind, body and soul?

KPsych Services, Jaipur is a one-advance store to every Psychological Service. We have 25+ affiliates working in 17 cities of India and in Dubai. Other than counseling and therapies we also provide a number of professional courses and internships in Psychology. The real strong point of KPsych Services is mind empowering techniques and psychotherapies. It is an approved hypothesis now that the wellspring of all the physical, mental, emotional and relationship issues is our own psyche. We, at KPsych Services help individuals in managing each of these issues and more, through counseling and psychotherapies.

KPsych Services is providing Counseling Services for students of St. Angela's Sophia Sr. Sec. School, Jaipur every alternate day of the month and also a monthly session by Dr. Kavita Bhargava on the topics- Handling Emotions, Depression, Anger Management, Effective Communication Skills, Time Management through Mind Sciences, Career Counseling, Managing Examination Anxiety and Personality Development for the students. We have also planned to take up special workshops for the teachers so that the students get holistic support. The topics suggested for the teachers are- The Power of Subconscious Mind, Self-Management through Mind Sciences, Time Management, Team Management, Seven Habits, Personal Effectiveness, Motivational Intelligence, Stress Management, Change and Conflict, Leadership, Emotional Intelligence, Personal Mission Statement.

Looking the need of the hour a session on "Mental Health : Current Situations and Solutions" was conducted in the school by Dr. Kavita Bhargava.

**Kindly feel free to call Dr. Kavita Bhargava on +918003094570/ 0141-4156669**

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Dr. Kavita Bhargava is a Psychologist (Gold Medalist), IMDHA Certified Clinical Hypnotherapist and a Corporate Trainer with a 10 years of experience in the field of Psychology. Attached herewith is Dr. Bhargava's short profile.

Miss Priyancy Goyal is working as a counsellor in KPsych Services and has been appointed in the school for counselling the students. Ms.Goyal is an Post-Graduate in Psychology and is also well trained in mapping competencies and counselling skills. Ms. Priyancy has done a number of internships to enhance her skill- set.



**Facilitator Name: Dr. Kavita Bhargava**

Psychologist (Gold Medalist), IMDHA Certified Clinical Hypnotherapist and Corporate Trainer

Given below is a brief profile of Dr. Kavita Bhargava.

Dr. Bhargava is an accomplished **Psychologist, Clinical Hypnotherapist and Corporate Trainer**. Dr. Bhargava has worked with many educational, health and research institutions in various capacities. Along with the professional practice Dr. Bhargava is presently working as the Director of Indian Institute of Mind and Spiritual Sciences (IIMSS), KPsych Services and With Care NGO. Dr. Bhargava's qualifications include PhD- Psychology, NLP Practitioner, IMDHA Certified Clinical Hypnotherapist, Certified Competency Mapping Manager and SET- Psychology. It is significant to emphasize that Dr. Bhargava is a **Gold Medalist** in Psychology.

Dr. Bhargava is a sought after Trainer in the country who has contributed more than 300 hrs of training to the industry and has trained more than 3500 participants in Behavioural Sciences as well as Clinical Hypnotherapy. Optum (Health Care Business of United Health Group); EKAA (Formerly known as CHII- California Hypnosis Institute of India); International Trainers Federation, Banasthali University, Rajasthan; the famous Paradise Restaurant, Bangalore; Christ University, Bangalore; Tata Institute for Social Sciences (TISS), Mumbai; Office of the District Education Officer, Jaipur; Eternal Hospital, Jaipur; Institute for Rural Management, Jaipur; HPCL Zonal Trainings, Jaipur; St. Angela's Sophia Sr. Sec. School, Jaipur; Sophia College, Ajmer; Jail Training Institute, Ajmer; Rashtriya Military School, Ajmer; Army Cantonment, Nasirabad; Mayo College, Ajmer, Mayo School, Ajmer and Sophia Girls' Sr. Sec. School, Bhilwara are few of the organizations that have availed Dr. Bhargava's services. Dr. Bhargava's training modules include "Self Management through Mind Sciences", Personality Development through Mind Sciences", "Time Management through Mind Sciences", "Depression and Stress Management", "Career Counseling through Mind Sciences", "Integrated Clinical Hypnotherapy Level 1", "Certificate Course in Counseling with Internship", "Competency Mapping with Internship".

Dr. Bhargava holds life memberships to a number of professional bodies like International Medical & Dental Hypnotherapy Association (IMDHA), Indian Academy of Applied Psychology (IAAP) and has also authored a book for Mapping Competencies for State Administrative Services, published in Germany.

Find more about Dr. Kavita Bhargava-

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Website: [www.kpsychservices.com](http://www.kpsychservices.com)

Facebook: [www.facebook.com/drkavitabhargava](http://www.facebook.com/drkavitabhargava)

