



Seema Jathar

Counsellor and Psychotherapist

www.sanwadcounselling.com

EXPERT IN APPLICATION OF FOLLOWING PSYCHOTHERAPIES

- Rational Emotive Behavior Therapy
- Behavior Therapy
- Person Centered Therapy
- Family Therapy
- Supportive Therapy
- Cognitive Therapy
- Art Therapy
- Cognitive Behavior Therapy

WORKSHOPS CONDUCTED

- Parenting workshop
- Adolescence workshop
- Workshop for housewives

PERSONAL DETAILS

- Residence Address –
J 33, Swapnashilp Soc.
Ganesh Nagar, Erandwane,
Pune - 411004
- Centre Address –
Sanwad Psychological Counselling
Centre,
Flat no. 8, Ashirwad Apt.,
Ganesh Nagar, Erandwane,
Pune - 411004
- Contact No. – 8805021651
- Email -
seema.jathar@sanwadcounselling.com

EXPERIENCE

Counsellor & psychotherapist • Self Employed since 2014

- Founder of 'Sanwad Psychological Counselling Centre' (Est. Oct 2016)
- Worked as a Counsellor and Psychotherapist At Disha Counselling Center, Pune – From June 2014 to Sept 2016
- Conducted lectures in all courses and workshops held in Disha Counselling Center especially in Basic Course of Counselling and Advance Course of Counselling
- Conducts workshops for Parents, Teachers and Students
- Conducted Counselling Sessions for Adolescence in various schools and conducted counselling sessions for Juveniles at 'Juvenile Justice Board, Pune (JJB) with 'STEP UP' foundation (NGO), Pune – From June 2014 to March 2017

Teacher • Bal Shikshan Mandir • 2009 - 2014

- Worked as a Pre-Primary Teacher in Bal Shikshan Mandir, Pune

EDUCATION

- M.A in Counselling Psychology
- B. Com.
- Basic and advance course of Psychotherapy in Disha Psychological Center, Pune
- REBT - Rational Emotive Behavior Therapy
- DMT - Dance Movement Therapy
- Post Graduate Diploma in Pre-Primary Teaching from Bharatiya Vidya Bhavan, Pune