



PALLAVI GAIROLA, Ph.D.

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Professional Summary

“No one cares how much you know, until they know how much you care.”~ Theodore Roosevelt

I am Pallavi Gairola, a Psychotherapist with a wide range of experience and an earnest and genuine intention to facilitate people in their journey through life. With an overall work experience of about 16 years and eight plus years of practical experience in the field of Psychological Counselling and Therapeutic Healing, I believe that every individual is different and so are their issues. Therefore, therapy should also be completely customized keeping in mind the client's needs and the issue for which he or she is seeking counselling.

I am earnestly looking for career opportunities in medical set ups where Emotional and Psychological help is required for patients and families. With my practical experience in this field, I believe that along with Psychological Counseling, alternate healing modalities like Mindfulness, Yoga, Hypnotherapy, Art etc. are very effective in Behavioral Modification and overall positivity of a patient.

“Our physical health is a reflection of our emotional and mental wellbeing. Likewise, a healthy physical body is a temple for emotional and mental wellbeing”. – Dr. Pallavi Gairola

Education

- Schooling from Convent of Jesus and Mary, Dehradun (UK)
Year of passing - 2001 (Commerce / First Division)
- Graduation from HNB Garhwal University (Central University), Dehradun (UK)
Year of passing – 2004 (Bachelors of Commerce / First Division)
- Post-Graduation Degree in Advertising & Marketing from Amity University, Noida
Year of passing 2006
- Post-Graduation Diploma in Psychological Counselling from Indian Institute of Counselling, New Delhi
Year of passing - 2014 (First Division)

- Masters in Psychology from IGNOU, New Delhi
Year of passing – 2016 (First Division with Distinction)
 - Ph.D. in Psychology from Venkateshwara Open University, Arunachal Pradesh
Year of passing – December 2022 (PDC awarded)
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Overall Work Experience

Having spent almost eight years in the field of Advertising, Marketing & Qualitative Research, before choosing my current profession as a Psychotherapist, I have gained a very diverse range of experiences with working on brands of various categories and sectors, like FMCG, Education, Banking, Infrastructure etc. With a specialization in 'consumer insights', and having worked as a Consumer Insight Consultant for Global Companies like Kantar Group Companies and A C Nielson, I have worked very closely with 'consumers,' their needs/ aspirations/ expectations/ attitudes/ perceptions etc. I have been fortunate to work with some of the leading ad agencies like Percept and Digitas and research agencies like TNS Market Research and A C Nielson, to name a few.

In a way, I have always been a "people person", with an inherent skill for 'active listening' and 'observing' and have traveled far and wide to meet and interact with consumers from all over the country and abroad. With my developing interest in "people", at the peak of my career, I took the conscious decision to go back to learning psychology academically and gaining mastery over it so that I am better equipped with tools to facilitate clients with varied issues and life questions.

Within a span of about eight years dedicated exclusively in the field of Psychotherapy, I have worked with many individuals, groups, NGOs, schools etc., in areas of overall development, life education and personality building. Having a private practice as well, I have gained hand on experience of working with more than 1500 plus individual clients of varied ages and different emotional and mental issues.

I have developed workshop modules for some close groups of likeminded people wanting to learn about important aspects of life. Being one my interest areas and in continuation to my previous work, I am devoted to designing customized workshops on topics like – parenting, self-development, stress management, relationship building, and inner strength, emotional intelligence to name a few, catering to clients of different age groups, backgrounds and requirements.

Currently I am reaching out to schools with a workshop proposal for young parents on choosing an appropriate parenting style.

Core Skills

- Care and compassion with a strong desire to help people and make difference
- Experience with clients of all ages', backgrounds and conditions.
- Profound knowledge of psychological disorders and conditions and their treatments
- Great communication and writing skills needed in drafting and presenting reports
- Ability and skills to work with in team

- Understanding of all types of assessments and tests used in counseling psychology
 - A 360-degree therapy module involving dealing with both the conscious and subconscious mind of the client leading to more lasting and deep level transformations. Self-created module of "body-mind-soul" leading to exceptional results in behavioral changes and all-round development of clients
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Core values

CV # 1 AUTHENTICITY

CV # 2 TRUSTWORTHYNESS & HONESTY

CV # 3 EMPATHY, LOVE & COMPASSION

CV # 4 SELF-IMPROVEMENT & HARD WORK

Thank you!