



Mira road, Thane,  
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## CONTACT

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## INTERESTS

I am a self-trained artist and have worked with acrylic, watercolor, gouache and fabric paint. I am an avid reader with a keen interest in thriller, English classics, literary fiction, philosophy, poetry and theology books. My primary area of interest in psychotherapy lies in drug rehabilitation and substance use disorder.

# SHABNAM FERNANDES

Counsellor/ Freelance writer

## EDUCATION

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### HSC July 2015 – March 2017

Royal College Mumbai

### B. A in Sociology July 2017 – September 2020

Wilson College Mumbai

### M.Sc. Counselling Psychology January 2021 – November 2023

Global School of Counselling - SABC (Bangalore North University)

## WORK EXPERIENCE

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### Cornerstone Content (Freelance Content writer)

June 2020 — November 2020

At Cornerstone Content, I contributed as a freelance writer. My job requirement primarily included writing food blogs.

### Block Magic (Freelance Content writer)

March 2021 — February 2022

In this position, I expanded my portfolio by writing PRs for various start-up companies in the USA.

### Internship (Counsellor)

January 2023 - October 2023

I completed over 200 hours of individual sessions across three schools in Kothanur, Bangalore. Along with my co-therapist, we worked eight group therapy sessions at the Abhayam Rehabilitation center, providing music therapy for the residents and another eight sessions in an organization, Crossroad, working with college students.

## SKILLS

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- In 2023, I received the Fredrick Beuchner Award for Creative writing.
- I have contributed towards my college's yearly magazine as writer and editor.
- I am well versed in Microsoft Word and Excel and have an intermediate knowledge of WordPress.  
I speak English and Hindi.