

ASTHA VERMA

PROFESSIONAL SUMMARY

I have a Master's degree in Clinical and Health Psychology, which brings a strong foundation of knowledge and skills. Currently, I am providing support to individuals grappling with addiction and mental health challenges, helping them navigate their recovery journey with compassion and empathy.

I believe in the power of therapy and psychological interventions to facilitate healing and growth in individuals facing mental health struggles.

I strive to create a safe and supportive environment for individuals to explore their emotions and work towards healing.

I am always seeking opportunities for professional development and growth in order to enhance my ability to support and empower those in need and am eager to connect with like-minded professionals in the field.

WORK HISTORY

Mental health support worker, 10/2023 to Current

Framework - Nottingham

- Maintained confidentiality of clients' information.
- Successfully empowered individuals to pursue hobbies and leisure activities, such as shopping and creative activities.
- Determined ongoing patient safety, promptly reporting concerns about abuse or safeguarding issues to care managers.
- Worked in close partnership with families, friends and carers to improve care plan effectiveness.
- Worked with practitioners and allied health professionals to provide practical support and follow-up to clients.
- Helped clients make informed decisions and follow individual treatment plans.
- Supported clients experiencing substance abuse issues, offering access to additional resources and targeted programmes.
- Counselling clients through difficult times using approved and compassionate strategies.

SEN Teaching Assistant, 01/2023 to 06/2024

Axcis Education

- Assisted students with a range of learning differences, including ADD, ADHD, to achieve their full potential for independence.
- Worked with SENCO to ensure effective planning and delivery of Individual Education Plans (IEPs).
- Maintained child safety, security and good behaviour during classroom and outdoor activities.
- Promoted inclusion of pupils, guaranteeing equal access to learning

CONTACT

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SKILLS

- Communication skills
 - Problem solving abilities
 - Good with teamworking
 - Hardworking and Disciplined nature
 - Social activity programs
 - Individual learning support
 - Behaviour management strategies
 - Challenging behaviour management
 - Risk Management
 - Crisis Intervention
 - Patient relations
 - Mental health treatment planning
 - Record management
 - Mental health first aid
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and development opportunities.

- Worked with students in small groups and 1:1 to provide additional support with activities and lessons, offering constructive feedback and advice to develop skills.
- Shared information about students with parents, other staff and internal and external agencies in line with school policies.

Hospitality worker, 08/2022 to 03/2024

Arc recruitment

- Created warm, friendly atmosphere through positive guest interactions.
- Served food and beverages, going the extra mile to deliver personalised customer service.
- Understood and adhered to food safety and hygiene regulations.
- Handled complaints and conflict with diplomatic approach.
- Prepared mixed drinks and poured wine, beer and non-alcoholic beverages within target service timeframes.
- Performed bar closing duties, thoroughly cleaning, sanitising and replenishing stock.

Volunteer mentor, 08/2022 to 12/2022

City Year UK

- Delivered one-on-one sessions to guide mentees through various subjects and challenges.
- Identified and assessed mentees' strengths, weaknesses and areas for development to create tailored mentoring plans.
- Listened actively to mentees' concerns, goals and challenges, providing empathetic understanding and personalised guidance.
- Provided constructive feedback and guidance during setbacks, helping mentees overcome challenges, learn from mistakes and develop resilience.
- Supported students to identify problems impeding education.
- Encouraged mentees to set SMART goals, providing support and accountability to help achieve objectives.
- Offered counselling to help students deal with academic, personal, or behavioural issues.
- Taught students important points to prepare for examinations and assessments.
- Implemented proven methods to overcome common barriers to learning.

Sales Advisor, 07/2022 to 08/2022

Age Cymru

- Delivered exceptional customer service, addressing customer queries and handling customer complaints.
- Maintained store standards to uphold clean, professional appearances.
- Provided customers with price information and handled financial transactions.
- Remained knowledgeable in current stock to provide helpful,

informative customer advice.

- Highlighted product features and benefits in line with customer needs, securing high-value sales.

Summer internship, 04/2021 to 05/2021

Amity University Noida

- Term paper on topic “Use of technology to improve cognitive agility in elder people.”

Summer Internship, 04/2020 to 05/2020

Amity University Noida

- Term paper on topic “Gut Microbiome and depression.”

Psychology intern, 06/2019 to 06/2019

Max Hospital Saket

- Built strong and trusting professional rapport to support client progress.
 - Gained familiarity with various psychological and medical conditions by attending seminars and in-service training classes.
 - Collaborated with related professionals to study psychological factors in diagnosis, treatment and prevention of mental illness.
 - Carried out day-to-day duties accurately and efficiently.
 - Monitored patient behaviour and responses to treatments and reported concerns to senior staff.
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EDUCATION

A-Levels

Auckland House School, ICSE - India

GPA: 80

BSc, Neurosciences and Neuropsychology - Merit

Amity University - India

- CGPA 8.0
- Graduate with Neuropsychology and Neurosciences

MSc, Clinical and Health psychology - Merit

Bangor University - United Kingdom, UK
