Curriculum Vitae

**HIMANI KARNAWAT**

Currently: Pursuing M.Phil in Clinical Psychology (RCI) Contact: 8107798299

Email Id: himanikarnawat11@gmail.com

**OBJECTIVE**

To work in a professional environment that has challenging goals, with opportunity to grow, where I can utilize my ideas, skills, and knowledge, attain new ones through cooperation, exposure and discussion with others. Dedicated and compassionate Clinical Psychology trainee with a strong background in psychological assessments, counselling, psychotherapy, and research. Currently pursuing an MPhil in Clinical Psychology, seeking to contribute my expertise in mental health care through meaningful roles in community-based organizations and hospitals.

**Academic Qualifications**

 **M.Phil in Clinical Psychology**

 *MJRP University, Jaipur*

 2022-2024 (Currently Pursuing)

 **Masters in Psychology**

 *The IIS University, Jaipur*

 2019-2021

 **Bachelors (Honors) in Psychology**

 *The IIS University, Jaipur*

 2016-2019

**Technical Qualities**

Well versed with basics of computer & learn quite fast new programming & functions on it.

**Internships**

* Year Long Internship in counselling at IIS University, Jaipur
* Internship in counselling at EHCC Hospital, Jaipur
* Internship at Brain wonders (student counselling-based Institute DMIT), Mumbai
* Workshop in CBT (certified with both the levels) from Rationally Yours, Pune
* Internship in counselling at Moolchand Hospital, Delhi
* Workshop on Mindfullness
* Workshop in CBT for treating OCD
* Year Long Internship in clinical psychology at IIS University Jaipur

**Research Experience**

* Loneliness, Self-Concept and Resilience: A Comparative Study Among College Going Girls.

Supervised By: Dr. Himagini Hooja

* Leisure Satisfaction, Personal Growth, Meaning in Life and Contentment in life in Emerging Adults: A Comparative Analysis across Genders.

Supervised By: Dr. Roopa Mathur

* Emotional Intelligence, Perceived Parenting Style and Spirituality Role in Individuals: A Comparative Study Among Patients with Depressive Disorder and Control Group. Supervised By: Dr. Mohini Gupta

**Skills**

* Psychological assessment and diagnosis
* Counselling and psychotherapy (CBT, DBT, SFBT,MET, Crisis Intervention etc.)
* Research methodology and statistical analysis
* Active listening and communication skills
* Attention to detail and analytical thinking
* Strong interpersonal and empathy skills
* Effective problem-solving and judgment in complex situations

**Personal Details**

Father’s Name : Mr. Rakesh Kumar Karnawat Mother's Name. : Mrs. Sangeeta Karnawat Date of Birth : 11/02/1998

Permanent Address : 20-21 Narendra Nagar, Mohan Marg

Near Ram Ratana Building, Vivek Vihar Jaipur, Rajasthan (pin: 302019)

Languages known : English, Hindi, Marwari

**Declaration**

I hereby declare that all the information provided here is correct to the best of my knowledge.

**Date:** 02/10/2024

**Place:** Jaipur