



Manika Gupta

Associate Clinical Psychologist (Pre CRR Number: P-2503281510-A0483224007)

Contact

Address
Noida, IN 201304

Phone
8175848525

E-mail
mguptams@gmail.com

WWW
<https://bold.pro/my/manika-gupta-240515153113/685r>

Skills

Psychological assessment

Evidence-based therapeutic modalities

Behavior analysis

Therapeutic intervention experience

Cognitive behavioral therapy

Work History

2025-04 -
2025-06

Clinical Psychology Resident

District Government Multi-Specialty Hospital, Noida, India

- Provided individual therapy sessions to clients, utilizing evidence-based therapeutic like DBT, CBT, MET, ERP techniques to address various mental health issues as well as psycho-education about various disorders
- Ensured that clients received comprehensive care by working in conjunction with multidisciplinary teams, which included social workers and psychiatrists.
- Tracked progress according to goals for interventions by routine evaluations, adjusting treatment plans as needed to achieve the best outcome possible.

2024-12 -
2025-03

Clinical Psychology Resident

Disha Neuropsychiatric Centre, New Delhi

- Conducted patient assessments to gather medical and psychological case histories, ensuring accurate documentation for provisional diagnosis, differential diagnosis and effective treatment planning.
- Provided patient psycho-education on medication management, therapeutic management and lifestyle modifications.
- Performed initial and ongoing assessments of patients' medical, physical and psychosocial status.

2024-08 -
2024-12

Clinical Psychology Resident

NIEPID, Noida, India

- Administered psychological assessments to evaluate cognitive, emotional, and behavioral functioning, providing critical insights for intervention strategies.
- Assisted in the development of individualized care plans by collaborating with social workers, special educators and rehabilitation psychologists to address patient needs and preferences.
- Collaborated with parents and educators to create comprehensive treatment plans tailored to each child's unique needs and challenges.
- Developed educational materials and workshops aimed at increasing awareness of mental health issues among children and myths regarding childhood disorders within the community.

Emotional awareness

Integrated healthcare models

Dialectical behavior therapy

Languages

Hindi

Bilingual or Proficient (C2)

English

Bilingual or Proficient (C2)

Japanese

Intermediate (B1)

French

Elementary (A2)

2023-06 -
2023-07

Psychologist Trainee

Sai Sankalp Hospital, Shahjahanpur

- Conducted Mental State Examinations, took case histories of out-patients and observed several in-patients
- Conducted thorough psychological assessments using various testing methods to provide accurate diagnoses and inform treatment strategies

2023-04 -
2023-05

Volunteer

Chal Kare Welfare Foundation

- Participated in multiple drives including conducting education drives in slum area, conduction of art and dance classes, spreading awareness about sanitary pads, face masks amongst people and participating in animal care drives in animal care centres.

2022-10 -
2022-11

Intern

Reawakening Wellness Foundation

- Underwent training to establish rapport with the patients; acquired knowledge about addiction and substance abusive behaviours
- Participated in a supervised counselling session with patients.

2021-05 -
2021-06

Trainee

Psyman

- Learned about neuropsychological examination procedures, intellectual disabilities, family, and marital counselling, MMSE, and MoCA
- Developed abilities in Stress Management and Addiction Counselling.

2020-06 -
2020-07

Intern

Umeed NGO

- Made organic pits, nests, promoted social work by participating in multiple campaigns online as well as offline.

Education

2025-06

PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY RCI: Clinical Psychology

AMITY INSTITUTE OF BEHAVIOURAL HEALTH & ALLIED SCI - NOIDA

M.A Clinical Psychology

Amity Institute of Psychology & Allied Sciences (AIPS),
Amity University
GPA: 7.90

MBA (Human Resource Analytics)

Amity Online, Amity University
GPA: 8.78

B.A (Hons) Applied Psychology

Amity Institute of Psychology & Allied Sciences (AIPS),
Amity University
GPA: 8.01

2018-04

Senior Secondary XII (Biology, Physics, Chemistry)

National Institute of Open Schooling (NIOS), NIOS
GPA: 68%

2016-04

Secondary X (CBSE)

Ryan International School, Shahjahanpur, CBSE
GPA: 10.0

Internships Projects Live Projects

- Major project (dissertation) & Publication of research paper, Completed dissertation project on the "The relationship between Locus of Control, Desirability of Control and Obsessive-Compulsive symptomology" (N=180) and published research paper. (Reference- "Gupta, M., Singh, P. (2024), Relationship between Locus of Control, Desirability of Control and Obsessive-Compulsive Symptomology, International Journal of Interdisciplinary Approaches in Psychology, vol2 no.5 (2024).")
- Minor Project (MBA), Completed project on the topic "Influence of Leadership Styles on Employee Engagement". The project addressed the critical need for a deeper understanding of how leadership behaviors impact workforce engagement.
- Major Project (Dissertation), Completed dissertation project on the "Effect of Parent-Child Attachment on Self-esteem and Interpersonal Relationship among Youth" (N= 100).