

Aakriti Wadhwa

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Profile	Clinical Psychologist Counseling Psychologist Expressive movement psychotherapist Practitioner in Cognitive Hypnotic Coaching Psychologist
Affiliations	<ul style="list-style-type: none">–Creative movement therapy association of India affiliated with UNSECO-CID (Expressive movement psychotherapist)–Institute of Clinical Hypnosis and Related Sciences (Practitioner in Cognitive Hypnotic Coaching)
Moto	<i>“To make a positive, long-lasting impact on as many lives I can touch.”</i>
Driving Force	In the process to pursue a life of high standards of personal and professional morals, putting my time and energy in a highly motivated work environment which work on the principles of leadership and team growth, and perform to the best of my capabilities, dedication and skills, to work and grow with the organization and the community.
Education	<ul style="list-style-type: none">– MPhil Clinical Psychology (2019-2021), RCI, Amity University Mumbai, India.–Bachelor of Arts + Master of Arts in Clinical Psychology(Dual degree),2014-2018, Amity University Noida, Uttar Pradesh,India.–Senior Secondary Schooling, Humanities, 2014, St. Thomas School, Mandir Marg, New Delhi, Central Board of Secondary Education, India.
Courses Studied (Area of Specialization)	Introduction to clinical psychology Educational psychology Psychology of caregivers Introduction to personality theories Forensic mental health Assessment through psychological process Family and marital therapies Indigenous therapies Therapies of childhood disorders Neuropsychology College and career counseling Applied counseling psychology Psychology of consciousness Behaviour and cognitive therapies Childhood neuropsychology Positive psychotherapies Humanistic,existential and gestalt approaches of psychotherapies Neurological assessment and rehabilitation Dialectical behaviour therapy and interpersonal therapy
Job Experience	Child Psychologist Mom’s Belief, Gurgaon, 11th January 2019 –20th May 2019 <ul style="list-style-type: none">–Skill developmental assessment for children–IEP formation–Dance movement therapeutic workshop in Vega school–Sessions in Therapy Center
Field Experience	Internship at UDAI Working together, Janakpuri, New Delhi, 3rd August – 5th September 2018 <ul style="list-style-type: none">–Observed autistic children–Observed occupational therapy session for individuals and in a group–Participated in occupational therapy session for groups (play)

Field Experience

Internship at Perfect Mind, New Delhi, 2nd January – 31st March 2018

- Observe the OPD and day care center
- Case history and MSE taking
- Observed counselling session
- Observed various psychological assessment- Family wellbeing scale, JPMR

Internship at Sir Ganga Ram Hospital, New Delhi, 20th May – 30th June 2017

- Observe the OPD
- Case history and MSE taking
- Observed counselling session for individual and groups
- Classes of different topic held every alternate day

Internship at VIMHANS, New Delhi, 1st January – 28th February 2017

- Observe the OPD and day care center
- Case history and MSE taking
- Observed counselling session
- Observed various psychological assessment- Ravens standard progressive matrix, movement associations

Internship at Deen Dayal Upadhyay Hospital, New Delhi, 30th May – 30th June 2016

- Observe the OPD
- Case history and MSE taking
- Observed counselling session
- Observed family therapy
- Observed various psychological assessment- MISI, Bhatia battery test

Internship at World Brain Center, New Delhi, 9th January – 6th Feb 2016

- Responsibility to take the case studies.
- Observe the patients problems.
- MSE taking
- Observed various psychological assessment- TAT, CAT, Draw a person test

Observed under Dr. Ankita Rastogi occupational psychologist, New Delhi, 1st June – 30th June 2015

- Learnt the basics of counselling, the functioning of a private clinic.
- Observed how to take case histories and mental status examination.

Munner Social Welfare Society, New Delhi, 2014-2016

- Worked as a volunteer and helped the children to learn new things.
Taught them various life skills and helped conducted various activities to increase their self-esteem and confidence.

Research Papers Publications	<ul style="list-style-type: none"> –Research paper published in “Health and Wellbeing: Among Children and Youth in India” at Jamia Millia Islamia, 22 March 2017 –Research paper published in “International Stress Management association” ICSM 2017 at Goa, 4th Nov, 2017
Research Award	<ul style="list-style-type: none"> - Won best paper presentation award titled, “Effectiveness of Mindfulness based on Cognitive therapy for alcohol use disorders: A systematic review” at “Community mental health: an Explanation and Exploration” on 14th and 15th February, 2020
Course Conducted	<ul style="list-style-type: none"> - Internship in clinical and counseling psychology, with organization, “Positive insights” on 22th February 2021 for college students. - Expressive arts camp (21 days), with organization, “Hues of the mind” on 16th January 2021 till 6th February 2021 for college students. -30 hour Internship in clinical and counseling psychology, with organization, “Positive insights” on 15th December 2020 till 5th January 2021 for college students -13 day workshop on Application of creative arts therapies in clinical set up, with organization, “Positive insights” on 23 November 2020 till 9th December 2020 for college students
Workshops Conducted	<ul style="list-style-type: none"> –2 day workshop on expressive movement based therapy at The Hostellers, New Delhi on 22nd and 23rd September 2018. -1 day workshop on expressive movement based therapy at Zostel, New Delhi on 13th October 2018. -Workshop on expressive art and movement based therapy, An after story, in New Delhi on 28th October 2018. -Laughter yoga workshop at Lodhi Garden, New Delhi on 22nd December 2018.
Skills	<ul style="list-style-type: none"> – Two day workshop on skill training, “Psychoanalysis”, by Amity University, Mumbai on 2nd and 3rd December 2019 -Can Perform various psychological assessments including IQ, ADHD, LD, Personality, MR, College and career assessment (DBDA, CIS, MBTI) -To build a career guidance report and various psychological reports. -Detailed case history and MSE, Psycho-educate the family. -Short counselling sessions -Knowledge about pharmacological treatment -Relaxation therapy (JPMR) -Psychological assessment, Rorschach, TAT
Personal Competencies	Team-motivator Responsible Trustworthy & Ethical Patient Results Oriented Communicator Committed Performer Practical thinker
Other Engagements	<ul style="list-style-type: none"> -47th National Annual Conference of Indian Association of Clinical Psychologists participation as a delegate, held from 28th May 2021 till 30th May 2021, AFMC Pune. - Participation in the live consultation on “Care for Careers” on 15th May 2021, held by Mashavara - National level Quiz on “Autism Awareness: Myths and Facts”, organized by NIEPID Regional Center, Noida in Autism Awareness month 2021. - Participation in the live consultation on “The Rights of the child” on 8th May 2021,

held by Mashavara

- Participation in the live consultation on “**Human rights in Indian Perspective**” on 1st May 2021, held by Mashavara

Participation in the live consultation on “**Assisted Living**” on 17th April 2021, held by State nodal agency Center (SNAC), Delhi

-Participated in, “**Bharat panchal Dialogues**”, organized by Fortis from 11th October to 27th December 2020.

-Research oral presentation on the topic- “Application Of Psychological Intervention”, AIIMS, New Delhi, 28thMarch,2018.

-Research oral presentation- “Application Of Free Association Technique In Art Therapy”, AIIMS, New Delhi, 27thMarch,2018.

-Research poster presentation at Dault Ram College, 18th-19thJanuary, 2018.

-Participation in COLORTON, season 8, 11thJune 2017

-Participation in workshop – “RIGHTS OF PERSOND WITH MENTAL ILLNESS” at Sahyam Intervention Center, 15th October, 2016

-Conference attended at Mental Health Foundation AIIMS, 10thOctober 2016

-Enactus SSCBUS, Project :- The social revolution 2016, 9thApril 2016.

-Teri foundation, conducting psychological workshop at old age homes (December 2015-April 2016)