

SIDDHI GOGIA

3/316, Vishal Khand, Gomti Nagar Lucknow-226010 U.P. INDIA

Mobile: +91-7838484923, +91-9415038477

Email: siddhigogia@gmail.com

Name: SIDDHI GOGIA

Date of Birth: 4th July, 1995

Mobile: +91-7838484923

CRR No: A85982

OBJECTIVE

As a Clinical Psychologist (RCI registered), it has given me the opportunity to become a devoted guardian to the society and contribute significantly using therapeutic interventions as a medium to reduce the health care crisis in return for one to lead a better life. My insights in cognitive behaviour therapy (CBT) has provided my clients significant results in overcoming their obstacles. Further my knowledge towards working with wide range of individuals; children, adolescents and young adults gives me the strength to interact with everyone confidently and at the same time make one comfortable around me and to handle extreme situations with calm and patience.

WORK EXPERIENCE

Government of Delhi & United Way Delhi (NGO): Post- Psychologist (October 2022 – Present)
Psychologist at Delhi Government, School Mental Health Initiative, partnered with United Way Delhi and Institute of Human Behaviour & Allied Sciences (IHBAS). Conducting Individual and Group Sessions for school students for screening and improvement in their mental Health and underprivileged children and development of life skills curriculum, organising and conducting teacher sensitisation, developing research documents for the project.

The Mood Space: Post- Psychologist (October 2022 – Present)

Providing online mental health services with experience in dealing with

- Stress, Anxiety, Mood disturbances, Trauma, Grief, personal development and growth
- Queer Affirmative Therapy (Practice)
- Health (acute and chronic illnesses) associated psychological distress
- Individual & Couples/Family therapy

The Marigold Life: Post- Lead Clinical Psychologist (July 2023 – Present)

Conducting workshops & providing online mental health services with experience in dealing with various mental health concerns through Individual, Couple & Family Therapy.

Literacy India: Post- Psychologist (September 2023- Present)

Providing mental health group services to students enrolled with KPMG CSR program to help students focus better on the studies and to counsel students dealing with everyday life concerns.

EDUCATION QUALIFICATION

Year of Passing

Amity University Uttar Pradesh, Lucknow Campus

September 2022

Masters of Philosophy (M.Phil) in Clinical Psychology

Cgpa: 7.55

Dissertation: “Neurocognitive functioning among recovered COVID-19 patients and healthy controls”

Advisors: Prof. S.Z.H. Zaidi, Ms. Ayushi Gaur

Banaras Hindu University, Varanasi

September 2020

M.A in Psychology

Cgpa: 8.45

Dissertation: “The effect of In-vitro fertilization on mental health and quality of life of couples considering their dyadic relationship and religious orientation”

Advisor: Dr. Shubhra Sinha

PUBLICATION

- **Gogia S & Roy R** (2018). A Study on Parent Child Relationship and Subjective Happiness and Friendship among Undergraduate Students. *International Journal of Indian Psychology*, Vol. 6, (1), DIP: 18.01.002/20180601, DOI: 10.25215/0601.002 <https://ijip.in/wp-content/uploads/2019/01/18.01.002.20180601.pdf>

PRESENTATION

- **Gogia, Ayyub & Srivastava** (2022, March) *A case report on dynamic issues in management of alcohol dependence*. Case presented at the Single Case Discussions in Psychotherapy organised by Department of Clinical Psychology, Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi on 9th 10th March, 2022.
- **Gogia, Sharma** (2022, April) *Impact of pandemic on Autism Spectrum Disorder: A case report*. Case presented at Dr. Anju Nagaur Memorial Lecture organised by Department of Clinical Psychology, Amity University, Uttar Pradesh, Lucknow Campus on 13th April, 2022.
- **Gogia, Zaidi & Gaur** (2022, August) *Neurocognitive profiling in recovered COVID-19 patients*. Research paper presented at the 2nd International Research Online Conference organised by Cognizavest on 20th & 21st August, 2022.

RESEARCH EXPERIENCE

- Undertook a research project on ‘Employee Selection: Recruiting and Selection’ as part of the curriculum of the first semester.
 - Research papers undertaken on:
 - Homosexuality
 - Globalization and the virtual Workplace
 - Study on Infertile Couples
 - Case Study on Tuberous Sclerosis (Autism)
 - A study on Clinical Disorders
 - The use of Humor in Hope and Resilience
-

WORKSHOPS CONDUCTED

- Organised a workshop on “*A Parent’s Guide to Autism: From Awareness to Acceptance*” in collaboration with Umeed Rehabilitation Centre, Lucknow on 2nd April, 2022.

COURSES ATTENDED

- Completed a 4-week course on Essential of CBT offered by Beck Institute for Cognitive Behaviour Therapy (USA) in May, 2020.

MENTAL HEALTH CAMPS / COMMUNITY SERVICE

- Organised a Suicide Prevention Psychodrama at Nur Manzil Psychiatric Centre on 10th September, 2021 on the occasion of World Suicide Prevention Day.
- Organised a Mental Health Awareness Camp at Moti Mahal Lawn on 8th-9th October, 2021 on the occasion of World Mental Health Day.
- Organised a Mental Health Awareness Camp at Charbagh, Lucknow on 29th-30th March, 2022 on the occasion of World Bipolar Day.

STRENGTHS

- Ability to interact with anyone and everyone confidently and at the same time to make the same person comfortable around me. This is not just limited to a set of people but people of any age, status, gender etc. This is something that helps me maintain a healthy environment around me.
- I feel I have the ability to stay calm and composed during the most extreme situations. I do not lose my patience and temper and try to always come out of any situation with a straight head. This also helps me to be the one with rational thinking and to come out with a solution.
- Attention to details
- Positive Thinking
- Punctuality
- Time Management

WEAKNESSES

- I always try to help those who need me hence I tend to overload myself with work.
- I trust people easily.
- I become emotionally involved with some projects.

Siddhi Gogia

Place: Delhi
