

## KARNIKA ANAND

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## PSYCHOLOGIST

To apply my skills and expertise in diagnosing, handling, counseling, and providing support to patients who are going through emotional, intra-and inter-personal, and psychological struggles

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## PROFILE

- Competent and diligent professional, offering an Internship exposure in the spectrum of **diagnosing, identifying, and treating various psychological conditions**; determined to carve a niche in the field of clinical psychology.
- Expertise in collecting patient information through interviews, observations, tests and surveys.
- Adeptness in creating and implementing patient treatment plans
- Proficiency in conducting surveys pertaining to human brain function and behavior
- Dedicated for work and passionate to succeed thereby helping people dealing with their personal issues with excellent communication skills

### Key Competencies:

□ Presence of enquiring mind □ Active Listening □ Social Perceptiveness □ Critical Thinking □ Communication Skills □ Cognitive Behavior Therapy □ Active Learning □ Behavior Modification □ Conducting Research □ Inkblot test □ intelligence tests □ psychometric tests □ Conducting Interviews □ Observing Behavior □ Monitoring Skills □ Complex Problem Solving

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## CAREER GLIMPSE

### INTERNSHIPS/JOBS

Fortis Hospital, Shalimar bagh, New Delhi  
08/07/2016

18/05/2016 –

Umeed a drop of hope (NGO)

02/03/2017

Max hospital, Shalimar bagh, New Delhi  
18/03/2017

28/01/2017 –

Max hospital, Shalimar bagh, New Delhi  
05/07/2017

04/06/2017 –

**Ram Manohar Lohia Hospital, New Delhi  
17/03/2018**

**15/01/2018 –**

**Ram Manohar Lohia Hospital, New Delhi  
01/07/2018**

**01/06/2018 –**

**Max hospital, Shalimar bagh, New Delhi  
30/06/2018**

**16/05/2018 –**

**Moolchand hospital, Lajpat nagar, New Delhi  
hours**

**June'2019 for 105**

**Lady Hardinge Medical College & S.S.K Hospital,  
25/07/2019  
New Delhi**

**26/06/2019 –**

**.Talk to therapist (online organization)**

**.Mind peers (online organization)**

**.Possitive Vibes (Dr. Sasha Reikhy)**

**.Qurex**

**Research paper published in the International Journal of Indian Psychology**

**Covid -19 and mental health: caring for the public and ourselves (APA certified)**

**Hypnotherapy and Hypnosis certification diploma**

**Counselors Council of India (CCI) Certificate license**

**Key Result Areas:**

- Maintained full and comprehensive client reports.
- Conducted clinical consultations across a wide range of ages.
- Conducted group and individual sessions to deal with issues such as anxiety, depression, trauma, grief and loss, relationship issues, phobias, addictions and other behavioral problems.
- Achieved measurable improvement of issues with the majority of clients.
- Managed tasks including patient assessment, interventions, counseling and behavior modification.
- Worked with both children and adults from different age groups and cultural backgrounds for all psychological testing and assessment.
- Performed Remedial intervention program for children with Hyperactivity and Slow learners.

- Provided professional counseling for patients with emotional disorders, including low self-esteem.
- Guided parents in applying therapy to their children at home and school.

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## EXTRA-CURRICULAR ACTIVITIES

. Participated in:

Science popularization association of communicators & educators

Interhouse Badminton competition

Zonal Level Badminton competition

Zonal Level Basket Ball competition

College Sports Meet "Sanghattan"

## EDUCATIONAL CREDENTIALS

**Doctor of Philosophy (Ph.D) Psychology,**  
**Chaudhary Charan Singh University, Meerut**

**Bachelor of Arts & Master of Arts (Clinical Psychology), 2015-2020,** Amity University, Noida,  
Uttar Pradesh

**HSC, 2015**

GD Goenka Public School; 72%

**SSC, 2013**

The Heritage School; 6.8 CGPA

**Exchange Programme: (35 Days)**

- Study abroad program: **Singapore** (Recommended by college)
- Study abroad program: **U.S.A** (Recommended by college)

**IT Skills:**

MS – Office and Internet applications

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## PERSONAL DETAILS

**Date of Birth:** 21st July 1997

**Languages Known:** English, Hindi, German, Punjabi

**Address:** # A-33 Gujranwala town Part-1, New Delhi-110009

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**References:** Available on Request