

Aayushi Tyagi

CLINICAL PSYCHOLOGIST (RCI LICENSE AWAITED)

Delhi NCR | + 91 7838269986 | tyagiaayushi30@gmail.com | linkedin.com/in/aayushityagi2j6m9y

As a dedicated and empathetic Clinical Psychologist, I am passionate about promoting mental health and committed to ethical, evidence-based practice. I strive to support individuals in navigating emotional challenges by providing comprehensive care rooted in proven therapeutic approaches.

EDUCATIONAL QUALIFICATIONS

| COURSE | INSTITUTE | YEAR | GRADES |
|----------------------------|--------------------------------------|------|------------------------------|
| M.Phil Clinical Psychology | Gwalior Mansik Arogyashala | 2025 | 76.8 % (2nd year awaited) |
| M.Sc Clinical Psychology | National Forensic Scienes University | 2022 | 8.31 CGPA |
| B.Sc (H) Neurosciences | Amity University, Noida | 2020 | 8.83 CGPA |

WORK EXPERIENCE

Clinical Psychologist - Trainee,
Gwalior Mansik Arogyashala, Gwalior,
2023-2025

- Performed Clinical interviews along with Mental Status Examinations for over 500+ patients across the age groups.
- Performed comprehensive Psychological Assessments of over 200+ patients, ranging from objective tests, projective tests, and IO assessments.
- Conducted 500+ hours of one-to-one therapy on patients across age groups.
- Worked on 100+ Case Formulations.
- Presented Case Conferences on Paranoid Schizophrenia, Obsessive Compulsive Disorder, Substance Use Disorder, etc.
- Worked with other therapists, doctors, family members , and others to devise the best plan of action for each client.
- Organized awareness programmes on Mental Health day, Stress management at workplace, Suicide prevention.
- Posted in the Neurology Department, Gajra Raja Medical College for 1 month.
- Conducted Aptitude test for Kendra Vidyalaya Students and Personality Assessment for BSF Trainees.
- Presented dissertation on “Attachment Style, Coping Style, Affect Modulation, and Interpersonal Relatedness among young adults.”

SKILLS

- Cognitive Behaviour Therapy
- Dialectical Behaviour Therapy
- Sex Therapy and Marital Therapy
- Behaviour Therapy
- Motivational Enhancement Therapy
- Insight Oriented Therapy
- Personality Testing - Rorschach, Thematic Apperception Test, Minnesota Multiphasic Personality Inventory, TCI, IPDE, etc.
- IQ Testing - Weschler Intelligence Test (across age groups), MISIC, GDT, VSMS.
- Neuropsychological Batteries - PGI - BBD
- Specific Learning Disorder
- Various scales for Anxiety and Depression
- Multi-Cultural Sensitivity
- Interpersonal skills

CERTIFICATES

- UGC-NET Qualified (2023)
- Certificate, Use of Projective Tests in Promoting Mental Health, Institute of Mental Health, Agra
- Certificate, Child Psychotherapy in Special Conditions, Gwalior Mansik Arogyashala
- Certificate, Somatic Inkblot Series, Gwalior Mansik Arogyashala
- Certificate, Internship at Divya Institute of Behavioural Sciences
- Certificate, Internship at CIMBS, New Delhi
- Certificate, Conducted a workshop on "Common stressful events among youth and how to cope with it", at Ved International School, Gandhinagar

REFERENCES

- **Dr. Ranjeet Kumar**

Clinical Psychologist, Associate Professor,
Head of Department of Clinical Psychology,
Gwalior Mansik Arogyashala, Gwalior
9406586814

- **Dr. Nand Kumar Singh**

Psychiatric Social Worker, Associate Professor,
Head of Department of Psychiatric Social Work,
Gwalior Mansik Arogyashala, Gwalior.
9406586474

- **Dr. Deepti Mishra**

Clinical Psychologist, Associate Professor,
Gwalior Mansik Arogyashala, Gwalior.
9407714662
8839065546