# AMRITA MISHRAClinical Psychologist

### +91 97184-77061| DELHI, INDIA **|** amrita1997mishraa@gmail.com

# Objective

Compassionate and skilled clinical psychologist with experience in treating diverse mental health conditions. Adept at tailoring interventions to meet individual client needs. Aspiring to enhance mental health services through a dedicated professional role

# Education

2022 – 2024 – M.Phil. Clinical Psychology – ***Mahatma Gandhi University of Medical Science and Technology***

2019 - 2021 -M.A Clinical Psychology - ***Amity University, Noida***

2015 - 2018 - B.A Program (Economics and Political Science)- ***Delhi University***

# Work Experience

**2022 - 2024 – MPhil clinical psychology trainee - *Mahatma Gandhi University of Medical Science and Technology***

* Worked with disorders like substance disorder, personality disorder, trauma and grief disorder, mood disorder, neurotic spectrum disorder, other child and adolescent issues with case history, MSE, clinical assessments, psychodiagnostics reports and various evidence based psychological therapies like cognitive behavioral therapy dialectical behavior therapy interpersonal therapy and many more
* Worked with patients (in patients and out patients) in various departments like oncology thalassemia, critical care unit, hematology, hepatology pediatrics end life care unit

# Internship

**2019 - *Moolchand Hospital, Delhi***

Observed the conduction of case history and SMSE of adult patients suffering with mental disorder

Observed and participated in activities enabling the kids to achieve activity of daily living (ADL)

**2019- *CIMBS – Cosmos Institute of Mental Health and Behavioral Science – Delhi Psychiatry Center***

Observed patient with various mental and behavioral issues and training in various theories and it application related to these disorder

**2020- *Nai Duniya -Old Age Home***

Facilitated various workshops on Sleep Hygiene, Stress Management, Cultivating Happiness to manage loneliness

# Achievements

**Thesis 2019- 2021** Interpersonal Relationship in Male Sexual Survivor of Sexual Harassment

**Dissertation 2022-2024** Metacognitive Beliefs, Obsessional Beliefs Self-Compassion and Self-Concealment in Patients with Obsessive Compulsive Disorder

# Volunteer Experience

2014 – wrote exams for blind students facilitated by Bharat National Public School

2015- Door of hope- an orphanage

# Leadership

Led a series of workshops at, Nai Duniya Old Age Home Delhi, on Sleep Hygiene, Stress Management, Cultivating Happiness

Led a team of students in School as Basketball Captain

# Strengths

Good Writing and Oratory Skill.

Empathy and compassion

Client handling Skill.

Flexibility and adaptability

Optimistic and Positive Attitude.