

Garima Chauhan

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Location: New Delhi, India (Open to job opportunities in Delhi NCR region)

Summary:

Dedicated and empathetic M. Phil Clinical Psychologist with a strong foundation in psychological assessments, therapies, and research. Proficient in working with diverse patient groups, specializing in psychotherapy with a focus on cognitive-behavioral and client-centered approaches. Skilled in empathetic communication, case management, and treatment planning, committed to providing compassionate care and effective mental health solutions.

Education:

Amity University Gurugram – Ph.D., Psychology	2024 -2028
Gautam Buddha University -- M. Phil., Clinical Psychology	2021-2023
Amity University Gurugram – M.Sc., Clinical Psychology	2019-2021
Amity University Gurugram – B.Sc., Clinical Psychology	2016-2019

Work Experience:

Clinical Psychologist
The Hans Foundation

July 2024- Present

At the Hans Foundation, my role as a psychologist blends clinical and social responsibilities. I provide one-on-one therapy while also leading social skills classes and organizing activities like suicide prevention awareness, mental health education, and teacher counseling workshops. This dual focus allows me to support individuals and the broader community effectively.

Clinical Psychologist

Positive Mind Care & Research Centre

Feb 2024- June 2024

As a clinical psychologist, I adeptly apply various therapeutic techniques including cognitive-behavioral therapy, psychoeducation, Exposure Response Prevention (ERP), Dialectical Behavior Therapy (DBT), and Applied Behavior Analysis (ABA) and crisis intervention to support clients. Additionally, I have extensive experience in utilizing Deep TMS technology for innovative and effective treatment modalities.

Clinical Trainings:

Bakson Homoeopathic Medical College & Hospital

Dec 2021- March 2022

Conducted detailed case assessments, delivered individual and group therapies, including cognitive-behavioral and client-centered approaches, while employing various treatment techniques to meet patients' psychological goals, managing treatment priorities and durations effectively.

Dr. Bhim Rao Ambedkar Multispecialty Hospital, Noida

Apr 2022 – Jul 2022

Conducted comprehensive patient case assessments through psychometric testing, interviews, and psychological assessments (IQ, personality, ADHD, LD, MR, ASD), applying CBT to address mood disorders, anxiety disorders, and personality disorders.

Government Institute of Medical Sciences (GIMS) (Pediatrics)

Aug 2022 – Nov 2022

Conducted clinical assessments, diagnosed mental health conditions, developed treatment plans, and provided therapy to children, offering comprehensive psychological and psycho-educational services, including in-depth assessments for diagnostic clarification and educational classification.

Government Institute of Medical Sciences (GIMS) (Psychiatry)

Dec 2022 – Apr 2023

Administered psychological tests, conducted patient interviews to gather information on stress, substance abuse, and family dynamics, developed treatment plans with schedules and intensity, monitored patient progress, and adjusted treatment plans as needed, providing comprehensive psychological and psycho-educational services.

Gautam Buddha University, Clinical Psychology OPD**May 2023 – Aug 2023**

Performed thorough evaluations of patient cases using psychometric testing, interviews, and psychological assessments, including IQ, personality, ADHD, LD, MR, and ASD assessments. Employed cognitive-behavioural therapy (CBT) to manage mood disorders, anxiety disorders, and personality disorders.

Clinical Psychology Internships:**Sir Ganga Ram Hospitals, New Delhi****Jun 2020 – Jul 2020**

Acquired interview skills, rapport building, and case history-taking expertise, studied psychotherapies (CBT, REBT, BT), and specialized in Neuro-Developmental disorders in children through one-to-one patient interactions.

California Hypnosis Institute, Gurugram**Aug 2020 - Nov 2020**

Learned hypnosis, self-hypnosis techniques, hypnotherapy, and proficiency in writing and signature analysis.

Citizen Hospital and De-Addiction Center, Gurugram Aug 2019 – May 2020

Acquired skills in case history and mental status examination (MSE), conducted psychometric assessments, studied various psychotherapies (CBT, REBT, BT), and gained expertise in psycho diagnostics.

Moolchand Medcity, New Delhi**Jun 2018 – Jul 2018**

The focus of this internship was adult case history taking, featuring lectures on diverse mental disorders, case observation, and a presentation on OCD, showcasing skills in case history taking, mental status examination, and strong written and verbal communication, with adept prioritization and multitasking abilities.

Moolchand Medcity, New Delhi**Jun 2017 – Jul 2017**

Conducted psychological assessments, focusing on children, to identify current mental states; actively participated in motor development activities to educate on mental pressure and treatments, ensuring excellent patient satisfaction, and offered advice and support to patients' family members.

