

ISHIKA

CHAUHAN

Student

Contact

Address

Ghaziabad, India 201011

Phone

91-7011795203

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ishikachauhanws@gmail.com

Skills

Problem-Solving

Data Entry

Flexible and Adaptable

Attention to Detail

Multitasking Abilities

Decision-Making

Strategic planning

Fluent in English and Hindi

Documentation and reporting

Correspondence management

Leadership abilities

Skilled multitasker with superior work ethic and good teamwork, interpersonal understanding, problem-solving, time management and organizational skills. Willing to take on any task to help team. Reliable and dedicated team player with hardworking and resourceful approach. Organized and proactive team player with diligent approach. High-energetic individual and always ready to contribute to institutional success while developing new skills and gaining real-world experience. Highly organized and responsible with strong communication and critical thinking skills. Dependable person who can manage multiple priorities with a positive attitude and high level of willingness. Skilled in working under pressure and adapting to new situations and challenges with utmost dedication. Hobbies include love travelling, adventurous activities, listening music, creative work, and very keen to learn guitar.

Experiences

- 2023-11-2024-02

Psyquench

 - Training in Cognitive Behavioral Therapy
 - Training in Dialectical Behavioral Therapy
 - Clients observed and taken for counselling sessions including follows ups under supervision
 - Created client reports
- 2022-08-2023-09

Human Resource Executive (Intern)

Meraki Lanes

 - Selection
 - Recruitment
 - Planning
 - Training
- 2021-06-2021-06

Work-Study Participant

Fortis, Ghaziabad

 - Learned about Art Therapy
- 2021-04 -2021-04

Clinical Internship Student

Fortis Hospital, Ghaziabad

 - Developed and maintained courteous and effective working relationships.
 - Prepared variety of different written communications, reports and documents.
 - Used critical thinking to break down problems, evaluate solutions and make decisions

2021-03 -
2021-04

Student Volunteer

We Avec U Organization, Noida

- Produced high-quality communications for internal and external use.
- It was online visits to different orphanages, old age homes, NGOs, where we used to talk to people and tried helping individuals to hold better lifestyle.

2021-02 -
2021-03

Clinical Psychology Intern

We Avec U Organization, Noida

- Observed clinical psychology staff and attended hours of supervision to develop practical knowledge and abilities.
- Assisted licensed practitioners in diagnosis and treatment Plans
- Critically analyzed and interpreted reports across many healthcare domains.
- Assisted clients with gaining insights, establishing clear goals and planning strategies to reach personal targets.
- Administered, scored and interpreted psychosocial examinations for assessment of different patient markers.
- Wrote reports on clients and maintained required paperwork.

2020-10 -
2020-10

Counseling Intern

Cognizavest, Delhi

- Organized clinical interventions and treatment plans for patients suffering from chronic disorders.
- Assessed patient behavior, moods and other responses to determine correct diagnosis and devise treatment plans.
- Provided comprehensive case management services, created treatment plans.
- Suggested specific interventions to decrease behavior excesses and increase behavioral deficits.

2020-10 -
2020-10

Clinical Intern

Cognizavest, Delhi

- Developed effective plans for clients to help maintain positive health outcomes.

- Reviewed training materials under direction of learning and development team.
- Maintained excellent attendance record, consistently arriving to work on time.
- Carried out day-to-day duties accurately and efficiently.
- Critically analyzed and interpreted reports related to addiction, self-harm and psychosis across many healthcare domains.
- Leverages excellent oral and written communication skills to interact professionally with staff and clients.
- Offered perspective on effectiveness of treatments concerning conditions such as depression and anxiety.

2019-06 -
2019-06

Clinical Psychology Intern

Unique Psychological Services, Delhi

- Remained energetic and demonstrated passion for helping clients by applying active listening.
- Cultivated and maintained relationships in culturally-diverse communities.
- Maintained accurate and to-code recordkeeping by inputting and updating patient information.
- Performed intake by conducting interviews to establish key information as well as assessing patients' apparent mental state.
- Observed clinical psychology staff and attended hours as learner to develop practical knowledge and abilities.
- Collected information about individuals or clients using interviews, observational techniques and other assessment methods.
- Trained in techniques such as stress reduction therapy and play therapy to improve outcomes.

2018-11 -
2018-12

Student

Amity Global Institute, Singapore, Singapore

- Attended field trips with peers to study topics outside classroom.
- Utilized professor office hours to clarify topics needing elaboration.

- Brought new perspectives to classroom discussions with materials found during independent research.
- Completed projects and submitted to propel personal learning ambitions.
- Participated in lecture classes and asked compelling questions to further solidify learning.
- Participated in International Conference on "Disruption: Challenges and Transformations" at National University Singapore-Shaw Foundation Auditorium.

2018-05 -
2018-06

Psychology Intern

Unique Psychological Services, New Delhi

- Reported back to instructor to receive day-to-day tasks and responsibilities.
- Produced high-quality communications for internal and external use.
- Sorted, organized and maintained cases.
- Wrote reports on clients and maintained required paperwork.
- Identified indications of mental deficiency, abnormal behavior or maladjustment through direct observation.
- Administered, scored and interpreted psychosocial examinations for assessment of different patient markers.
- Compiled detailed client histories using intake forms, interviews and assessments to build complete picture for determining optimal therapeutic approaches.

2018-05 -
2018-05

Delegate

Dr. Manohar Lohia Hospital, Delhi

- Attended Conference: Schizophrenia: Multidisciplinary Approach as student intern for learning purpose.

Education

2006-04 -
2017-03

High School

Bal Bhavan Public School - Delhi, India

2017-05 -
2020-05

Bachelor of Arts: Applied Psychology

Amity University (AIPS) - Noida Sector-125

2020-07 -
2022-05

Master of Arts: Clinical Psychology

*Amity Institute of Psychology and Allied Sciences -
Noida, Sector-125*

2020-07 -
2022-10

**Post Graduate Diploma in Business
Management: PGDBM-Human Resources**

Narsee Monjee Institute of Management Studies.