

AASTHA SINGH

CLINICAL PSYCHOLOGIST



9650357150



aasthasinghveerwal@gmail.com



Ghaziabad, U.P



<https://www.linkedin.com/in/aastha-singh-792a6b149>

SKILLS

- **Clinical Tools & Methods:** Psychological Assessments, Case History Taking, Psychotherapy (CBT, REBT, Humanistic)
- **Languages:** English, Hindi
- **Soft Skills:** Rapport Building, Empathic Listening, Interpersonal Communication
- **Domains:** Substance Use Disorders, Childhood Disabilities, Mood & Anxiety Disorders, Grief & Trauma, Cognitive Rehabilitation
- **Technology:** MS Office, Google Workspace, Zoom (Teletherapy)

EDUCATION

M.Phil in Clinical Psychology

Gautam Buddha University, 2022 – 2024

M.Sc in Applied Psychology (Clinical & Counselling Specialization)

Gautam Buddha University, 2020 – 2022

B.Sc in Clinical Psychology

Amity University, Gurgaon, 2017 – 2020

Class XII (PCB), 2016

Delhi Public School, Bulandshahr

SUMMARY

Clinical Psychologist with over two years of rigorous training, and past 7 years in the field of psychology, dedicated to empowering individuals through evidence-based therapeutic interventions. Specializing in psychological assessments and tailored treatment plans, strong interpersonal communication skills enhance the ability to foster trust and rapport with clients. Committed to promoting mental well-being, experiences span diverse populations and settings, including rural mental health initiatives and clinical internships. A passion for continuous learning and professional development drives me to engage in the latest therapeutic practices and community outreach, ensuring to contribution in mental health care.

CLINICAL EXPERIENCE

Clinical Psychology Trainee

Gautam Buddha University | Jul 2022 – Sep 2024

- Conducted psychological assessments and psychotherapy for diverse client populations, enhancing treatment outcomes.
- Rotated through OPD, rehabilitation, and pediatric wards, gaining comprehensive clinical exposure.
- Organized 5+ mental health awareness camps and led workshops in schools, promoting mental health literacy.
- Co-authored a book chapter and participated in 3 national/international conferences, contributing to professional development.
- Collaborated with senior psychiatrists and clinical psychologists to refine therapeutic techniques.

Internship Trainee

Reawakening Wellness Foundation | Sep 2021

- Conducted case histories, basic assessments, and group sessions at a de-addiction center.
- Applied the Therapeutic Community Approach in supporting SUD clients.
- Counselling Psychology Intern
- Cognizavest | Jul 2021
- Participated in roleplays and assignments focused on applied counselling techniques.
- Emphasis on online practical learning and supervision.

PUBLICATION

- **Research Article** on "Identifying the factors of self-concept and the effect of the COVID-19 situation on these factors, 2021"
- **Book Chapter** titled "Yoga's Therapeutic Approach to Mental Wellness, 2024"

ACTIVITIES

- **Certification** of Paper Presentation Study of Alexithymia on Public & Minority Schools, IIPSC-2019
- **Hall Coordinator** for Conference, ICIAHP-2023

Peer Counselor (Volunteer)

Findhope / Apr 2021 – Jul 2021

- Delivered over 45 hours of online peer counselling to 18 clients.
- Focused on users facing mild to moderate emotional concerns under supervision.
- Developed skills in empathy, resilience-building, and active listening.

Counselling Intern

Karma Center for Counselling & Wellbeing / Jul 2020

- Completed 60-hour online internship on trauma, mindfulness, queer affirmative therapy, and grief counselling.
- Gained exposure to multiple therapeutic approaches.

Internship

Child Welfare Committee / Jun 2019 – Jul 2019

- Observed child protective services and participated in child welfare decision-making.

Observership

Max Super Specialty Hospital, New Delhi / Jun 2018 – Jul 2018

- Shadowed Dr. Sameer Malhotra and observed inpatient and outpatient care in Psychiatry.