

# Ishita Kwatra

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New Delhi, India

## BEHAVIORAL THERAPIST | MENTAL HEALTH PRACTITIONER | PSYCHOLOGY RESEARCHER

I am a dedicated psychology professional with comprehensive hands-on experience in both research and practical applications across clinical, academic, and community settings. Throughout my journey as a Psychology Researcher, I have worked with diverse populations, including individuals with learning disabilities, autism, and academic students, while providing mental health support in healthcare environments. I have conducted in-depth research on mental health and psychology, collaborated with professionals to design and implement intervention programs, and delivered findings through public presentations. I am skilled in gathering, analyzing, and interpreting data, developing impactful solutions, and working within teams to achieve research and social objectives. Passionate about mental health advocacy, I aim to leverage my skills to drive positive change in individuals' lives and contribute to broader social advancements.

## SKILLS AND STRENGTH

Psychological Assessment

Interpersonal communication

Crisis Intervention

Critical Thinking

Counselling

Psychotherapy

Treatment Planning

Mental Health Assessment

Cognitive Behavioural Therapy

## PROFESSIONAL MEMBERSHIPS

- Graduate member, British Psychology Society (GMBPsS)

## PROFESSIONAL EXPERIENCE

**Max Super Speciality Healthcare | New Delhi, India**

**Oct 2024-Dec 2024**

**Supervised Counselor**

Accomplishments:

- Completed 560 hours of counseling and supervised training under expert supervision.
- Conducted individual & group therapy sessions, developing personalized intervention plans.
- Enhanced skills through structured training workshops in counseling and mental health education.
- Assisted in mental health training programs, ensuring adherence to ethical standards.
- Maintained confidential case documentation and applied evidence-based counseling methods.
- Built strong therapeutic rapport and a client-centered approach in diverse settings.

**Kith & Kids | London, United Kingdom**

**March - April 2024**

**Volunteer**

Accomplishments:

- Delivered personalised support to individuals with learning disabilities and autism, successfully enhancing their independence through tailored programs and activities.
- Led social inclusion initiatives, resulting in improved interpersonal skills and fostering a stronger sense of community among participants.
- Designed and implemented skill-building activities that were adapted to meet the unique needs of each individual, contributing to significant personal growth and self-sufficiency.
- Collaborated with a multidisciplinary team to create and evaluate support strategies, leading to measurable improvements in participants' quality of life.

**QLEGAL (SKETCH) Queen Mary University of London | United Kingdom**

**Nov 2023 -Jan 2024**

**Team Researcher**

Accomplishments:

- Developed strategic pro bono legal support plans, leveraging psychological insights to better address the needs of entrepreneurs, start-ups, and non-profits.
- Organised and facilitated events that successfully connected students with local entrepreneurs, fostering collaboration and enhancing community engagement.
- Contributed to expanding qLegal's outreach by integrating psychological principles into event planning and case support, improving overall impact and effectiveness.

**Department of Psychology, Sabarmati University | Gujarat, India**

**July 2022 - Jan 2023**

**Research Intern (Part-Time)**

Accomplishments:

- Contributed to Scholarly Research: Played a key role in a research project with published findings, advancing academic understanding of student mental health.
- Developed Innovative Strategies: Devised and implemented novel strategies for mental health interventions.
- Strengthened Collaboration: Built strong partnerships with faculty and research teams, enhancing research quality and impact.
- Increased Awareness: Raised awareness about mental health issues through presentations and public relations efforts.

**Max Super Speciality Healthcare - Saket | New Delhi, India**

**June 2022 - Nov 2022**

**Psychology Intern**

Accomplishments:

- Increased Mental Health Awareness: Contributed to raising mental health awareness through impactful presentations and public relations efforts, positively influencing the firm's public image and outreach.
- Improved Assessment Techniques: Utilized psychometric tests effectively, contributing to more accurate patient assessments and supporting the firm's commitment to high-quality psychological evaluation.

**Shree Aggarsain International Hospital | New Delhi, India**

**Oct 2021- Jan 2022**

**Rehabilitation Assist Intern**

Accomplishments:

- Developed effective tracking systems for monitoring clients' progress, ensuring that rehabilitation goals were consistently achieved.
- Improved the coordination of physical, mental, academic, and vocational evaluations, resulting in more comprehensive and personalized rehabilitation plans.

**Global Techmart, New Delhi, India**

**April 2022 - May 2022**

**Public Relation Manager**

Accomplishments:

- Developed and implemented targeted public relations strategies that significantly improved the firm's brand recognition and outreach.
- Analysed and assessed the effectiveness of PR initiatives, leading to continuous improvement and greater alignment with organisational objectives.

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## **EDUCATION**

**MSc(Merit) Mental Health: Psychological Therapies**

**Sept 2023 - Sept 2024**

Wolfson Institute of Population Health,

Queen Mary University of London,UK

**BA. Journalism and Mass Communication**

**Sept 2020 - August 2023**

Vivekananda Institute of Professional Studies, New Delhi, India

**Summer School in Introduction to Psychology**

**July 2021 - August 2021**

Sabarmati University, Gujarat, India

Grade: A+ Credits: 8.5 ECTS

**All India CBSE CLASS 12 (High School) Commerce w/o maths**

**April 2018 - May 2020**

St. Marks SR. SEC. Public. School, India

Percentile: 82%

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## MOOCS AND ONLINE COURSES

**Yale University, USA**

Introduction to Psychology

**3 Months**

**CPD UK, Alison**

Diploma in Psychology (Online)

**6 Months**

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### INTERNATIONAL AWARDS

- **Merit Award in International Student Exchange Gymnázium Sv Frantiska Z Assisi, Zilina, Slovakia**

A cultural exchange program between Indian and Slovakian schools.

- **Merit Award in international science conference International Conference of Young Scientists, Serbia**

The International Conference of Young Scientists is mainly focused on sharing professional experience and discussing new theoretical and practical findings.

- **Bronze Medal in International Science Conference, International RMC Young Scientists Conference and Exhibition, Malaysia**

At this conference, I presented a research project. In Oral competition, the presentation was judged by an international jury.

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### PUBLICATIONS

**STUDENTS' PSYCHIC HEALTH DIFFERS SIGNIFICANTLY FROM THEIR MENTAL HEALTH PreprintIn Research Square (Part of Springer Nature)**

DOI: <https://doi.org/10.21203/rs.3.rs-2440477/v1> The disparity in students' psychological and mental health was the focus of this research. Both male and female students were included in the sample size of 240 students (120 men and 120 women). The Psychological Well Being Scale was used as the technique for measuring happiness in the study (PWBS). Which was developed by Professor S.N. Rai; the "Mental Health Battery" used to assess it was created by researchers A.K. Singh and Alpana Sen Gupta. As a result of a recent study that measured students' psychological and mental health, researchers discovered that male and female students' psychological and mental health fare differently.

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### BLOG

**PSYCHOBABBLE**

Monthly Self Written Psychology Blog URL: <https://psychobabble1212.blogspot.com>

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