

CLINICAL PSYCHOLOGIST (A) TRAINEE

Professional Summary

I'm currently pursuing my PDCP from SGT University, with a strong focus on ethical, empathetic, and evidence-based care. My clinical training and internships have prepared me to work with children, adolescents, and individuals facing schizophrenia, mood and anxiety disorders, autism, and substance use. I'm trained in Behavior Therapy, CBT, DBT, and ACT, with a focus on emotional regulation and behavioural change. I actively seek opportunities that expand my hands-on experience and align with my goal of becoming a well-rounded clinical psychologist.

Work Experience

- SGT, University — Clinical psychologist (A) Trainee** *08/2024 - 08/2025*
- Administered and interpreted a range of psychological assessments including **Rorschach, MCMI-III, TCI, HFDT, TAT, WAIS, ISAA, INCLEN, BKT, Bhatia Battery, AIIMS Battery etc.**
 - Applied theoretical frameworks (ACT, DBT, CBT, behavior therapy) in real-time sessions, integrating them into **individual therapy, crisis intervention, and psycho-education.**
 - Worked with **children, adolescents, adults, and geriatric populations** across diverse clinical presentations.
 - Gained multidisciplinary exposure through postings in **gynaecology, paediatrics, pulmonology, eye ward**, and conducted **family therapy.**
 - Enhanced core **counselling skills**—active listening, empathy, reflection, and therapeutic alliance—under intensive supervision.
 - Participated in **diagnostic formulation, treatment planning, and session documentation**, bridging clinical theory with hands-on practice.
- YourDOST, Bangalore — Remote Psychologist Trainee** *05/2024 - 08/2024*
- Conducted 150+ individual sessions across audio, video, and chat platforms.
 - Gained hands-on experience in therapy planning, crisis intervention, and documentation under clinical supervision
- Vandrevala Foundation, Bangalore — Remote Counselling Intern** *01/2024 - 05/2024*
- Provided 60+ hours of chat-based crisis counselling to 120+ individuals facing anxiety, depression, and suicidal ideation.
 - Applied CBT techniques, active listening, and de-escalation strategies to support clients in high-risk situations
- United We Care, Gurgaon — Research & Content Intern** *02/2024 - 06/2024*
- Developed evidence-based blogs, white papers, and research content on mental health and AI.
 - Used psychological knowledge and writing skills to promote awareness and innovation have written more than 30 white papers and blogs.

Internships

- Mental Health Matters, Gurgaon — Intern** *01/2024 - 04/2024*
- Worked with clients facing depression, anxiety, OCD, and intellectual disabilities.
 - Conducted MSEs, treatment plans, and assessments; applied CBT, DBT, and mindfulness techniques
- Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi — Intern** *08/2023 - 11/2023*
- Gained exposure to therapy-medicine integration in a government hospital setting and observed use of assessments like MCMI-III, Rorschach, IPDE, DAPT, AUDIT, and ASSIST.
- Athena Behavioral Health, Gurugram — Intern** *06/2023 - 07/2023*
- Worked with cases involving addiction, cannabis-induced psychosis, bipolar disorder, and autism.
 - Conducted case histories, MSEs, and observed integrated rehabilitation protocols

Tulasi Healthcare, Gurugram — Intern

10/2021 - 12/2021

- Completed 240 hours working with clients with schizophrenia, OCD, bipolar disorder, and substance use.
- Gained hands-on experience with assessments like PANSS and WAIS; observed gender-specific treatments.

Safehouse Wellness Retreat, Delhi — Intern

08/2021 - 09/2021

- Completed 144 hours at a luxury rehab, supporting clients with addiction, schizophrenia, and depression.
- Developed skills in rapport-building, motivational interviewing, and recreational therapy.

Education

- **SGT University, Gurugram- Professional Diploma in Clinical Psychology** | August 2024- August 2025 |
- **Christ University, Delhi NCR** — Post Graduation in Psychology | June 2022 – July 2024 | CGPA: 8.59
- **Indraprastha College for Women, Delhi University** — B.A. (Hons.) Psychology | 2018 – 2021 | CGPA: 7.73
- **D.A.V. Public School, Sector-14, Gurgaon** — Class 12 (CBSE) | 2017 – 2018 | 97.6%
- **D.A.V. Public School, Sector-14, Gurgaon** — Class 10 (CBSE) | 2015 – 2016 | CGPA: 8.8

Achievements

- **Delivered a workshop on navigating the challenges of behavioral disorders in children and adolescents.**
- Presented a poster titled “**From Screening to Support: A Systematic Review of Psychometric and Psycho-Oncological Interventions in Prostate and Breast Cancer**” at the 1st National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology, held from **3rd–5th January 2025**.
- **Desirability of control, personality and health-enhancing behavior in young adults** — Paper presentation in International Conference.
- **Fear of Failure and superstitious beliefs: Exploring the mediating role of personal control, desire for control, cooperation and competition in young adults**— *Master's dissertation (Sent for publishing)*
- Completed 30 hours of community service at Grace Care Academy (Aug 20 – Nov 10, 2022)
- Presented a paper at the Environmental Psychology Conference (Dec 17, 2022)
- Presented a paper at an International Conference (Jan 3 – 7, 2023)