

# SAVI BANSAL

## CLINICAL PSYCHOLOGIST

### CONTACT

9582488010

bansalsavi2907@gmail.com

Nimri Colony, Delhi-110052

29/07/1997

### CORE COMPETENCIES

- Diagnostic evaluation
- Psychological assessments and writing reports
- Specific Interventions (CBT, REBT, DBT, Behavior Therapy including Habit Reversal Training, , ERP, Non-directive play therapy and Crisis intervention)

### LANGUAGES

- Hindi
- English
- Punjab

### PROFILE

Licensed Clinical Psychologist with a robust background in diagnosing, assessing, and treating a wide range of psychological conditions, including anxiety, depression, and trauma. Adept at employing evidence-based therapeutic techniques to foster patient resilience and well-being. Committed to contributing to a collaborative and supportive therapeutic environment to promote positive mental health outcomes. Seeking to leverage my skills and experience in a dynamic clinical setting to help individuals achieve their personal and emotional goals.

### WORK EXPERIENCE

#### Vikalpa Foundation

September- November 2022

Student Coordinator cum Counselor

- Conduct community outreach initiatives and organize seminars.
- Provide counseling for students and parents via telephone
- Monitor online classes attentively, tracking both behavioral and academic progress of students.
- Manage a comprehensive database containing all student information and progress reports.

#### Sir Ganga Ram Hospital, New Delhi

July- August 2019

Psychology Intern

- Under psychiatric and clinical psychologist's supervision, detailed case history, mental status examination and relaxation training were conducted..

#### Deep Chand Bandhu Hospital, New Delhi

March 2018

Psychology Intern

- Under clinical supervision carried out detailed case history and baseline assessments addressing adverse behavior related to drug and alcohol

#### St. Stephen's Hospital, New Delhi

June-July 2017

Psychology Intern

- Under clinical supervision, carried out detailed case history and mental status examination.
- Observed psychological assessments and interventions under the supervision of clinical psychologists.

#### National Association of Street Vendors of India, New Delhi

June-July 2016

Psychology Intern

- Engaged in community work which encompassed conducting interviews with local street vendors and providing support to them.

## RESEARCH EXPERIENCE AND TRAINING

*Dissertation on the Neuropsychological profile of caregivers with children diagnosed with neurodevelopmental disorders.*

### June 2024

Organized and attended a two day **National Annual Conference of the Society of Addiction Psychology (ANCSAP)**

### June 2020

Presented paper on **Guru Nanak's teachings: psychological insights and perspectives**

### July 2020

Attended online workshop on **Introduction to Psychotherapy** by Fortis

### June 2019

Attended a workshop on **Thematic Apperception Test: A Projective Technique** emphasized the historical background of the test, administration, and scoring procedures.

### September 2016

Presented a poster presentation on **Issues and Challenges Faced by Elderly** in the National Conference on Perspectives of Successful Ageing held at Mata Sundri College for Women, University of Delhi

## EDUCATION

### M.PHIL. CLINICAL PSYCHOLOGY (RCI ACCREDITED)

*National Institute for the Empowerment of Persons with Visual Disabilities (NIEPVD), Dehradun* November 2022- Present

- Diagnosed, evaluated and treated patients with mental, emotional and behavioral disorders.
- Administered and interpreted intelligence, personality, and neuropsychological tests.
- Formulated, maintained, and updated individual as well as group treatment plans in both inpatient (State Mental Hospital, Selaqui) and outpatient settings, which consisted of about 400+ hours in carrying out psychotherapeutic interventions consisting of multiple modalities, including 200+ hours in behavior therapy (EIC).
- Volunteer in screening camps and disability certificates.

### Post Graduate Diploma in Counseling and Family Therapy

*IGNOU, Delhi* 2020-2021

- In depth knowledge, understanding, attitudes, and skills in the area of counseling and family therapy.

### M.A. PSYCHOLOGY

*Punjabi University, Patiala* 2018-2020

- In depth understanding of basic concepts of human behavior, personality motivation and emotion, neuropsychology, research methodology, health psychology, child psychology, psychodiagnostics and therapeutic techniques.

### B.A. (HONS) APPLIED PSYCHOLOGY

*Dr. Bhim Rao Ambedkar College, Delhi University* 2015-2018

- Basic introduction and understanding of different systems in psychology, social psychology, counseling psychology, media psychology and organizational psychology.

### X<sup>th</sup> and XII<sup>th</sup> STANDARD

*Mata Jai Kaur Public School* 2013-2015