




# HANSIKA KHATKAR

COUNSELLING PSYCHOLOGIST | REHABILITATION PSYCHOLOGIST

 Jind, Haryana |  9319757791 |  khaem937@gmail.com

Dedicated and empathetic Counselling Psychologist with an **M.Phil. in Rehabilitation Psychology (RCI)** and a **strong academic foundation in Clinical Psychology**. Experienced in delivering evidence-based interventions including CBT, REBT, and Motivational Interviewing across school, clinical, and rehabilitation settings. Skilled in psychological assessment, case formulation, and culturally sensitive therapy with individuals across age groups. Committed to empowering individuals through holistic mental health care and psychosocial support.

## Education

### **M.Phil. in Rehabilitation Psychology**

*OM Sterling Global University, Hisar (RCI Approved Institute)*

2023 – 2025 | Final Examinations Completed

### **Post-Graduate Diploma in counselling and Family Therapy**

*IGNOU-Open University*

1-year Diploma | Completed in 2025

### **M.Sc. in Clinical Psychology**

*Amity University, Gurugram*

2021 – 2023 | Post-Graduated with First Division

### **B.Sc. (Hons.) in Clinical Psychology**

*Amity University, Gurugram*

2018 – 2021 | Graduated with First Division

### **Senior Secondary – Science (Biology + Mathematics)**

*Indus Public School, Jind*

Completed in 2018

## Professional & Internship Experience

### **Trainee Psychologist**

**Ashtavakra Institute of Rehabilitation Sciences & Research, Delhi (RCI-approved) – 2025**

#### **Healthy Mind, RCI-approved – 2025**

- Gained hands-on experience in clinical psychology by independently conducting intake interviews, mental status examinations (MSE), and psychological assessments.
- Administered and interpreted a range of psychological tests including IQ tests (MISIC, Binet Kamat), projective tests (TAT, DAP), and diagnostic tools (ADHD-T, CARS).
- Delivered structured individual psychotherapy sessions using CBT, REBT, and supportive counselling under supervision.
- Handled clients with a variety of clinical presentations including anxiety disorders, mood disorders, adjustment issues, and behavioural concerns.
- Maintained detailed case histories, session progress notes, and formulated individualized intervention plans.

- Strengthened clinical decision-making, ethical documentation, and therapeutic relationship-building with both children and adults.

### **Trainee Psychologist**

**NIEPVD, National Institute for Empowerment of Persons with Visual Disabilities, Dehradun (RCI-approved) – 2024**

- Conducted comprehensive psychological assessments and case formulations for individuals with visual impairments and multiple disabilities.
- Provided evidence-based therapeutic interventions, including CBT, REBT, and supportive counselling tailored to the needs of persons with disabilities.
- Delivered psychoeducation sessions for clients and caregivers to enhance adjustment, independence, and emotional well-being.
- Collaborated with multidisciplinary teams including special educators, orientation & mobility trainers, and vocational therapists.
- Participated in community-based rehabilitation activities and awareness programs focused on disability rights and mental health support.
- Maintained ethical, confidential documentation and supported data collection for ongoing research projects within the institute.

### **Trainee Psychologist**

**SIRTAR, Rohtak (RCI-approved) – 2024**

- Assisted occupational and rehabilitation therapists during sessions to ensure client engagement and safety.
- Conducted educational activities and contributed to awareness events and newsletters.
- Engaged in documentation and interdisciplinary coordination.

### **School Counsellor**

**DAV Police Public School, Jind – Aug 2023 – Feb 2024**

- Delivered individual/group counselling, using CBT, REBT, MI, for academic and emotional issues.
- Led psychoeducational workshops for students, parents, and staff.
- Developed Individual Support Plans, maintained confidential documentation, and coordinated with external agencies as needed.

### **HR Recruiter**

**Prometheus (Remote) – Mar 2023 – Jun 2023**

- Managed end-to-end recruitment: job listings, screening, interviews, and onboarding.
- Enhanced internal communication and applicant tracking systems.

### **Clinical Psychology Intern**

**Harmeet's Wellness Clinic, Kurukshetra – May 2022 – Jul 2022**

- Assisted with psychiatric assessments (HAM-D, HAMA, Y-BOCS) and prepared comprehensive case reports.
- Supported follow-up sessions and provided psychoeducation to patients and families.

### **Intern**

**Indus Hospital, Mohali – Jun 2021 – Aug 2021**

- Designed and conducted life skills programs for children and adolescents.
- Facilitated emotional intelligence workshops and curriculum development.

## **Intern**

### **Psychowaves, Ludhiana – May 2020 – Jun 2020**

- Participated in case discussions and counselling techniques for varied mental health conditions.
- Gained foundational clinical exposure and practical understanding of intervention strategies.

## **Summer Intern**

### **Gautam Hospital & Research Centre, Jaipur – May 2019 – Jul 2019**

- Observed patient assessments, participated in documentation, and assisted in administrative tasks.
- Educated patients and families on mental health and treatment options.

## **Key Skills**

- Cognitive Behavioural Therapy (CBT) | Rational Emotive Behaviour Therapy (REBT)
- Psychological Assessments & Report Writing
- Suicide Risk Assessment
- Substance Use & Dependence Counselling
- Emotional Regulation & Relapse Prevention
- Case History Taking & Diagnostic Formulation
- Psychoeducation & Family Counselling
- Rapport Building | Multidisciplinary Collaboration
- SPSS (Basic) | Microsoft Word, Excel, PowerPoint | Canva

## **Certifications & Trainings**

- French Language – Basic | Korean Language – Basic
- Building Queer Affirmation – The Silver Lining
- CBT, REBT, EFT, DBT Practitioner Certificates
- Counselling Skills Training – Divya Shrivastava, The Silver Lining
- Therapeutic Tools used during Therapy courses by HRoHours

## **Research / Dissertation**

*“Relationship between Procrastination, self-esteem, anxiety ad Life satisfaction in Youth.” – B.sc Dissertation*

*“Effect of Perceived Parental Acceptance and Rejection on College Adjustment” – M.Sc. Dissertation*

*“Impact of Perceived Social Support in Alleviating Psychological Distress among Women Trying to Conceive” – M.Phil. Dissertation*