

A passionate and dedicated clinical psychologist Associate with a strong academic background in clinical and applied psychology. Committed to helping individuals navigate their mental health challenges and achieve personal growth, she strives to create a safe and supportive space. Adept in counselling and clinical practice, with excellent communication and interpersonal skills.

With a year of experience in taking detailed case history, diagnosing clinical disorders in diverse population including elderly and children, Ms. Saumya uses an eclectic approach of therapy towards her clients

INTERNSHIPS

Clinical Psychologist (A) – RCI Registered Trainee Gajra Raja Government Medical College and Hospital – 2024-2025
much.

- Mental status examination on diverse population including Elderly and Children.
- Counseling and therapy sessions using eclectic approach

Clinical Psychology Intern, PsyQuench February 2023 – April 2023

- Under Ms Pragati Prasad, a RCI licensed Clinical Psychologist with a career span of more than 9 years in this field helped me in gaining the in-depth knowledge on patients dealing with Obsessive Compulsive Disorder (OCD), Mood disorders (Depression, Bipolar I and Bipolar II disorders) and Eating Disorders (Anorexia Nervosa, Bulimia Nervosa and Binge Eating)

Counselling Psychology Intern, Psychoshiksha October 2022 – December 2022

- Through this opportunity, I developed the basic skills to be an effective counsellor. (Empathy, Active Listening, Communication, Non-Judgmental and Ethical Behaviour)
- Took Case histories of the clients.

Clinical Psychology Intern, Psyman May 2021 – June 2021

- Insight into various case studies of the clients dealing with generalised anxiety disorder and depression.

Public Relations Officer, Rotaract Club of Delhi Rajdhani August 2020 – July 2021

- Also served as a multimedia head, managed the creativity of content for the social media handles. (Twitter, LinkedIn, Instagram, Official Website and Facebook)
- Facilitated with the award for the performance.

Summer Intern, Youth for Mental Health Organisation June 2020

- Informative sessions with the queer affirmative practitioners, psychotherapists and Expert therapists for BPD.
- Interactive sessions with the experienced Expressive Arts, Dance, Music and Drama therapist

EDUCATION

POSTGRADUATE | Professional Diploma In Clinical Psychology (RCI Registered) | Amity University, Madhya Pradesh.

2024 – 2025

MASTER'S DEGREE | Clinical Psychology | Amity University, Noida

2022 – 2024

BACHELOR'S DEGREE (HONS) | Applied Psychology | Amity University, Noida

2019 – 2022

TECHNICAL SKILLS

- MS Office Suite

OTHER INTERESTS AND ACTIVITIES

- Enthusiastic Dancer with a love for exploring diverse cultures and destinations through travel.