

# EKTA KASHYAP

## CLINICAL PSYCHOLOGIST



Female



19th June, 1996



9717533298



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B-10, DDA FLATS, (Golf View Apts.),

Saket, New Delhi, 110017

## SKILLS

### ● Language

Hindi, English

### ● Computer

Word, Excel, Powerpoint

### ● Psychology

Active listening, psychological assessment and testing, mental health counselling, crisis intervention, psychotherapy

## HONORS & AWARDS

**2023:** 1st prize in debate competition on mental health.

## CERTIFICATIONS

**2018:** Rorschach Inkblot test, Moolchand Medcity

## INTERESTS

Playing badminton, dancing.

## EDUCATION

### ● Institute of Mental Health and Hospital, Agra

M. PHIL. Clinical Psychology

2022 - 2024

-- Result awaited

Dissertation titled " Use of cognitive distortions, schemas and defense mechanisms in schizophrenia and substance-induced psychosis- A comparative study"

### ● Jamia Milia Islamia

PG Diploma in Guidance and Counselling

2019 - 2021

- First Division

### ● Faculty of Arts, University of Delhi

MA Psychology

2017 - 2019

--- 65.%

### ● Shyama Prasad Mukherji College, University of Delhi

BA (Honours), Applied Psychology

2014 - 2017

--- 81%

### ● Gyan Bharati School, Saket, New Delhi

Class XII (CBSE)

2013 - 2014

--- 94%

### ● Gyan Bharati School, Saket, New Delhi

Class X

2011 - 2012

--- 9 CGPA (85%)

## WORK EXPERIENCE

### ● Sanjivini Society for Mental Health

Junior Project Officer and Counsellor

October 2019 - November 2022

Worked in the Crisis Intervention team and handled cases largely related to anxiety, depression, suicidal ideation and other mental illnesses. Took sessions online as well as telephonically.

Maintaining proper records and writing case summaries of clients.

▲▲.

### ● MOOLCHAND HOSPITAL, DELHI

Internship

5th July 2018 - 5th August 2018

Took case histories of patients (both adults and children)▲

Observed speech therapy, occupational therapy and special education sessions.▲

Observed psychometric testing such as IQ testing.

- **MAX HOSPITAL, SAKET**

Internship 1st July 2018 - 15th July, 2018

Observed patients with different mental illnesses in OPD and IPD ranging from anxiety, depression, OCD, schizophrenia and personality disorders.

Attended lectures on topics related to psychopathology and various disorders like anxiety, depression, ADHD, Catatonia.

- **MANOBAL KLINIK**

Internship 1st March 2017 - 15th March 2017

Observations of administration of different psychological tests (such as Rorschach inkblot test and WISC) and counselling skills.▲

Observation of different cases- anxiety, schizophrenia, depression, obsessive compulsive disorder. etc.

## ACTIVITIES

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- **National Social Service (NSS), Shyama Prasad Mukherji College**

Member 2014 - 2017

Active participation in various activities conducted by the society.

- **SRIJAN (The Annual College Fest), Shyama Prasad Mukherji College**

Volunteer 2014 - 2017

Worked as an assisting volunteer in organizing events..