
ANASUYA DASGUPTA

I. Personal Data



Date of Birth: 25th June 1997

Permanent Address: D1-59 First Floor, South City-2, Sohna Road, Gurgaon- 122018

Telephone: 9910509089

E-mail: anasuya.dasgupta@psy.christuniversity.in

II. Education

2021-2023

M.Phil in Clinical Psychology

Central Institute of Psychiatry, Ranchi, Jharkhand

Grade: Results awaited

2018 – 2020

Masters in Psychology (Clinical)

Institution: Christ (Deemed to be University, Bangalore, India)

Grade: 3.86/4 (First division with distinction)

2015 – 2018

Bachelor of Science in Clinical Psychology

Institution: Amity University, Gurugram

Grade: 9.24/10 (First Division with Distinction) (Gold medalist)

III. Work Experience:

2020- 2021

Counsellor at Uinops – teleconsultation of clients for stress management and coping skills. (Part time)

Jan 2021- Mar 2021

Counsellor for the Mental Health and Psychosocial Support Helpline for children in collaboration with Mind Pipers and Government of Rajasthan (Part-time)

IV. Certifications and Paper Presentations:

<i>June 2023- present</i>	Transcending Trauma- Treating Complex PTSD with Internal Family Systems Therapy by Dr. Frank Anderson (PESI)
<i>April 2023</i>	Paper Presentation at Asian Conference on Psychology (International Academic Forum) in Tokyo, Japan Title: Exploring Social Meaning of Relational Trauma through Social Dreaming in Patients with Depression.
<i>August 2022</i>	Certification in Dialectical Behaviour Therapy from Connect and Restore (CORE)
<i>July 2022</i>	Cognitive Behaviour Therapy Certification course under Dr. Syam K Ravindran (CONNECT & RESTORE)
<i>July 2022</i>	Certification in Trauma Informed Care from CONNECT AND RESTORE)
<i>June 2022</i>	Certification in Motivational Interviewing from CONNECT AND RESTORE)
<i>January 2019</i>	4 th International Conference on Counselling, Psychotherapy and wellness and the 5 th congress of SithCp3 organized jointly by the Ontario Institute for studies in Education and Christ (Deemed to be University), in Bengaluru, India.
<i>March 2018</i>	Dissertation on the Comparative Study of Self Esteem, MentalWellbeing and Feelings of Inadequacy among the retired Military and Non-Military Personnel.
<i>July 2017</i>	Amity Global HR Congress organized by Amity University, Haryana

September 2016

Presented Paper on “ Influence of Inductive Reasoning in the memory” at Guru Jambheshwar University, Haryana

V. Internship Experiences

June 2018 – September 2018

Company: ACTS Groups of Institutes

Location: Bangalore, Karnataka, India

Area of Work: As a Clinical Intern

Main Tasks:

- Carrying out various ACTS projects

November 2018 – March 2018

Company: HOPE- The Early Intervention Centre

Location: Bangalore, Karnataka, India

Area of Work: As a Clinical Intern

Main Tasks:

- Observations of sessions
- Helping the facilitators in carrying out activities.

5th June 2017- 14th July 2017

Company: Vidyasagar Institute of Mental Health And Allied Neurosciences (VIMHANS)

Location: New Delhi

Area of work: Clinical Intern

Main Tasks:

- Observation of psychiatric sessions
- Attending workshops on clinical case formulation, substance abuse, Compassion Focused therapy
- Attending psychiatric case formulation sessions.

September- October 2017

Company: Karma Centre for Wellbeing

Location: New Delhi

Area of work: Clinical Intern

Main Tasks:

- Attending Workshops on IQ Assessment, Behaviour Therapy, LGBTQ and Sexuality, Clinical and Counselling sessions
- Role plays based on case history taking and rapport building.

31st May 2016- 7th July 2016

Company/Hospital: Fortis Memorial Research Institute, Gurgaon

Location: Gurgaon

Area of Work: Clinical Intern

Main Tasks:

- Observation of different cases
- Attending workshops like Hypnotherapy, Art Therapy, Film Analysis
- Introduction to MSE, Case History Taking
- Introduction to TAT and MISIC test

VI. Facilitated Workshops and Trainings

<i>October 2017</i>	Webinar on “Influence on Addiction and Mental Health in the LGBT Population” organized by National Association of Alcoholism and Drug Abuse Counsellors (NAADAC).
<i>October 2017</i>	Webinar on “Putting the FUN back in FUNctional Routines” organized by Star Autism Support and Edweb.
<i>September 2017</i>	Webinar on “Building a Belief System for Social and Emotional Success of Struggling Readers” organized by Edweb and Learning Ally.
<i>September 2017</i>	Workshop on “Behaviour Therapy” organized by Karma Centre for Wellbeing, New Delhi.
<i>August 2018</i>	Session on “Mindfulness Training” organized by the department of Clinical Psychology, Christ University, Bangalore
<i>September 2017</i>	Workshop on IQ Assessment organized by Karma Centre for Wellbeing, New Delhi.
<i>September 2017</i>	Workshop on LGBTQ and Sexuality organized by Karma Centre for Wellbeing, New Delhi
<i>July 2017</i>	Workshop on ADHD in Schools organized by Department of Psychology, Sir Gangaram Hospital, New Delhi.
<i>June 2017</i>	Workshop on Compassion Focused Therapy organized by VIMHANS, New Delhi.
<i>June 2017</i>	Workshop on Clinical Case Formulation organized by VIMHANS, New Delhi
<i>June 2017</i>	Workshop on Substance Abuse Disorder organized by VIMHANS, New Delhi.

VII. Volunteer Work

July 2018 – September 2016

Job Title: Volunteer

Company: Child Rights and You

Industry: Social Service

Location: Bangalore

Area of Work: Field Work

Main Tasks: Introducing different techniques of drama to help students learn and understand concepts.

VIII. Professional Skills and Expertise

Computer Skills: Microsoft Word, Microsoft Excel, Microsoft PowerPoint.

IX. Languages

Bengali (Native), Hindi, English
