

# Diksha Aggarwal

Clinical Psychologist (RCI)

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## PROFESSIONAL SUMMARY

RCI-registered Clinical Psychologist with experience in diagnostic formulation, psychological assessment, psychotherapeutic interventions and multidisciplinary case coordination.

Dedicated to welfare of the patient with effective communication and interpersonal skills.

## SKILLS

- Clinical and Psychological Assessments
- Evidence based Therapy Techniques
- Psycho diagnostic profile formulation
- Strategic Thinking and Stress Management
- Multi disciplinary case coordination & treatment planning

## EXPERIENCE

### Vivekanand Institute of Mental Health and Neurosciences – Jaipur

#### Clinical Psychologist Trainee, 2023-2025

- Worked with inpatients and outpatients under the psychiatrist Dr. Anil Tambi.
- Conducted psychological assessments for diagnosis and treatment
- Provided individual counseling and psychotherapy sessions
- Took part in treatment planning and team discussions
- Handled cases with anxiety, mood disorders, OCD, personality disorders, and schizophrenia

### Shining Star Child Development Centre- Delhi

#### Intern, March 2023

- Acquired hands-on experience with dealing and building rapport with child patients.
- Learned about various assessment tools (DST, VSMS, CBCL etc.)

### Inner Walk – Mohali

#### Intern, May 2022 – June 2022

- Observed patients with different age groups.
- Learnt case history taking and key components of mental state examination.

### **Sawai Man Singh Hospital – Jaipur**

**Intern, January 2020**

- Observed numerous patients with intellectual disability, personality issues and mood disorders.
- Got familiarized with working in both IPD and OPD settings.

### **St. Stephen's Hospital – Delhi, India**

**Intern, July 2019 – August 2019**

- Observer- ship at OPD setting.
- Received classes from various psychiatrists and psychologists about organic, mood, personality, substance use disorders.

## **RESEARCH (2025)**

**“A comparative study on anxiety, depression and sexual satisfaction in women with PCOS and without PCOS” under the supervision of Dr. Namrata Singh**

- Investigated the relationship between anxiety, depression, and sexual satisfaction in women diagnosed with PCOS
- Compared psychological and sexual health outcomes with a matched control group without PCOS
- Included a total sample of 80 women between the ages of 20 and 30
- Comprised two groups: 40 women with PCOS and 40 women without PCOS (control group)
- Affirms a significant psychological and sexual health burden among women with PCOS
- Highlights the need for integrated care that addresses mental and sexual health alongside conventional medical treatment

## **EDUCATION**

**M.Phil. Clinical Psychology || 2023-25**

MJRP, Jaipur

**M.A. – Clinical Psychology || 2021-23**

CHANDIGARH UNIVERSITY, Chandigarh

CGPA- 8.09

**B.A. – Applied Psychology || 2018-21**

DELHI UNIVERSITY, Delhi

CGPA - 7.29

**Senior Secondary || 2017-18**

Kulachi Hansraj Model School, Delhi, India

CBSE (91%)

**Secondary || 2015-16**

Kulachi Hansraj Model School, Delhi, India

CBSE (CGPA - 8.2)

**LANGUAGES & TECHNICAL SKILLS**

- Languages: English & Hindi
- Proficient in MS Word, Excel, PowerPoint, Google Docs, Online Counseling Platforms