

# Anoushka Mishra

## Clinical Psychologist (RCI)

A Clinical Psychologist, an active volunteer at various mental health organizations, spoken word poet, content writer, meme-creator and sportsperson.

With a natural affinity towards Psychology, I try to initiate conversations around mental health in both professional and personal settings.

### Contact

**Address**

Bhopal, india 462030

**Phone**

+91 7999928633

**E-mail**

anoushka.mishra30@gmail.com

**WWW**

anoushkamishra.in

### Skills

Teamwork  
and  
Collaboration  
  
Interpersonal  
Communication  
  
Public  
speaking  
abilities  
  
Workshop  
Facilitation  
and Training  
  
Content  
Development

### Work History

2024-10 -  
2024-10

**Trainer Resource Person**

*Riverton Valley School, Bhopal, India*  
Facilitated a workshop for teachers on 'Becoming Emotionally Intelligent' through exploring emotions and their physical manifestations using the wheel of emotions, along with understanding the key components of EI through experiential activities and self-reflection

2024-09 -  
2024-09

**Trainer Resource Person**

*IES Public School, Sehore, India*  
Facilitated a workshop on 'Conversing with Care' for 50+ teachers emphasizing on the role of empathy and active listening in building a community of care.

2024-06 -  
Current

**Clinical Psychologist**

*Private Practice, Bhopal, India (Remote)*

- Performed client assessments and developed treatment plans.
- Established a safe and supportive environment for clients, fostering open communication and trust during therapy sessions using an eclectic approach by incorporating skills and techniques from client-centred therapy, CBT, DBT, Solution focused, mindfulness, and trauma-informed approaches
- Collaborated with other mental health professionals for referrals and assessments.

2023-09 -  
2024-04

**Clinical Psychologist**

*Dreamtime Learning, Hyderabad, India*

- Administered, scored and interpreted assessments for different learners.
- Provided psychotherapy incorporating cognitive-behavioral, client-centered and play-therapy to address a range of psychological concerns in learners, family members and employees based on their needs.
- Created and curated sessions as part of social emotional learning based on CASEL framework for Dreamtime Learning School (Online).
- Organized and conducted psychological wellbeing workshops as part of the EAP to promote and enhance mental health awareness in the workplace.
- Facilitated Continuous Professional Development (Powered By Dreamtime) as a co-host for 50+ teachers from across the country.

**2024-04 -  
2024-06**

## **Co-Facilitator**

*Dreamtime Learning*

- Facilitated the Continuous Professional Development (CPD)- Phase I for over 100 teachers and management professionals of schools Powered By Dreamtime Learning in two batches (April and June)
- Emphasized on using the 'whole child' approach in teaching, specifically through building emotional intelligence, catering to different learning styles, multiple intelligences across the developmental domains of cognitive, emotional and social
- Explored the making of the curriculum using Bloom's Taxonomy and Backward design

**2023-12 -  
2024-03**

## **Clinical Translator**

*Globalink Translations Ltd., Remote*

Translated the K-SADS-PL 2017 DSM 5 assessment from English to Hindi

**2023-08 -  
2023-08**

## **Resource Person**

*Inner Soul Foundation, Lucknow, India*

- Resource person for a two-day workshop on Mental Wellbeing organized by Inner Soul Foundation for students and teachers at Unity College, Lucknow.
- Emphasized on emotions and mental health for students, and stress management and self-care for teachers

**2023-03 -  
2023-03**

### **Workshop Facilitator**

*Keshav Suri Foundation, Lucknow, India*

- Conducted a counselling support group on 'Queering Mental Health' and facilitated dialogue between participants about challenges faced within and outside the LGBTQIA+ community.
- Provided participants with self-help techniques to regulate emotions and stress.

**2023-03 -  
2023-03**

### **Student Coordinator**

*Amity Institute of Behaviour and Allied Sciences, Lucknow*

- Planned, organized, and coordinated the 3 days CRE workshop on 'Promotion of School Mental Health Programmes' conducted by Amity University, Lucknow in March '23

**2022-10 -  
2022-10**

### **Organizing Committee**

*Indian Mental Health and Research Centre, Lucknow*

- Host and Moderator of Scientific Sessions
- Member of the Organizing Committee

**2022-03 -  
2022-03**

### **Guest Speaker**

*Youth for Mental Health, New Delhi, India*

Speaker at "Mental Health Explorations" (YMH '22) on Journeys during and after Masters in Psychology

**2017-06 -  
2017-07**

### **Student Intern and Observer**

*Jawaharlal Nehru Cancer Hospital & Research Centre, Bhopal*

- Brief history taking and administration of rating scales on patients under the supervision of the Counsellor
- Interaction with patients and family members

with the aim of providing psychoeducation and developing coping skills

## Clinical Psychology Training

---

Conducted **psychodiagnostics**, provided individual, family and group **psychotherapy** to different clientele at

- Nirvan Rehab Centre
- Nur Manzil Psychiatric Centre
- Umeed Rehabilitation Centre
- Pyssum School for Special Needs
- Early Intervention & Gynecology units at Command Hospital (Central Command)

## Research Work

---

- MPhil Dissertation titled "**Supervision in Clinical Psychology training programmes among professionals in India**"
- Paper presentation at 49th National Annual Conference of Indian Association of Clinical Psychologists (**NACIACP**) on "Supervision in Clinical Psychology Training among Professionals in India"
- Paper presentation at 4th International Conference organized by Indian Mental Health and Research Centre (IMHRC) on "**Clinical Supervision in India: A Growing Necessity**"
- MSc Clinical Psychology Dissertation titled: **Non-Suicidal Self-injury in the college going population in India**
- Poster presentation at 47th National Annual Conference of Indian Association of Clinical Psychologists (**NACIACP**) on "**Non-suicidal self-injury in the Indian Youth**"

## Education

---

2021-08 -  
2023-08

**Master of Philosophy in Clinical Psychology**

*Amity University - Lucknow*

2019-06 -  
2021-06

## **Master of Science - MS: Clinical Psychology**

*Christ University - Bengaluru*

2016-07 -  
2019-05

## **Bachelor of Arts (Honors): Applied Psychology**

*Gargi College - New Delhi*

2006-07 -  
2016-05

## **High School Diploma**

*The Sanskaar Valley School - Bhopal*

## **CRE Workshops**

---

- Attended National CRE Webinar on "Navigating Mental Health: Empowering Gen Z" organized by National Institute of Mental Health Rehabilitation, Sehore
- Participated in the National Level CRE workshop on "Advances in Managing ASD in Children and Adolescents" held in Mumbai (March 20-22, 2024)

## **Volunteer Work**

---

- Host and Moderator for Youth for Mental Health as part of the India for Mental Health Campaign (2021)
- Editor, Social Media Head, Core Team Member for India's Biggest Mental Health Festival organized by Mental Health Foundation (India) at AIIMS, New Delhi (2016-19)
- Community Project Work at Kirti Nagar, Delhi to raise awareness around mental health at the grassroot level (2017-18)
- Mentor at Teach For India (2018)
- English teacher for 6th graders at a government school in New Delhi as part of Make a Difference (MAD) (2016)

## **Affiliations**

---

Indian Association of Clinical Psychologists (IACP)