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Education

MPhil, Rehabilitation Psychology

National Institute for the Empowerment of
Persons with Visual Disabilities (NIEPVD)

2022-2024

MSc, Clinical Psychology

Christ University

2020-2022

B.A(Hons), Applied Psychology

University of Delhi

2018-2020

Expertise

- Strong communication and rapport-building
- Trauma-informed care
- client assessment and diagnostics
- Cognitive Behavior Therapy
- Psychodynamic Therapy

Language

English

Hindi

ANUKRITI KAUSHIK

PSYCHOLOGIST

Profile

I am dedicated psychologist specializing in rehabilitation psychology. My approach is grounded in empathy and compassion, creating a welcoming and open space where clients feel safe to share and explore their thoughts and feelings. Driven by a passion for understanding the complexities of the human mind, I am committed to helping individuals navigate their mental health challenges and achieve meaningful, lasting change.

Work Experience

2022-2024 National Institute for the Empowerment of Persons with Visual Disabilities (NIEPVD)

- conducted psycho-diagnostic assessments under supervision
- Conducted individual, couple, group Therapy sessions under supervision.

2022-2023 Mindqoach solutions

- Assisted under the leadership of the founder in development of databases of mental health disorders, treatments and therapeutic techniques for their online platform.

2022 May-June Malik radix healthcare Hospital (Intern)

- Assisted the patient management team and gained practical experience in the psychiatry department, including taking case histories and conducting Mental Status Examinations (MSEs).

Dec 2021 - Apr 2022 Shanti Mukund Hospital (Intern)

- Performed case history taking, mental status exams, JPMR, and CRT, along with assessments such as MPQ, HAM-D, Y-BOCS, PANAS, and WAPIS for adults with mental illnesses.

Jun 2019 - Jul 2019 Institute of Human Behaviour and Allied Sciences(IHBAS)

- Collaborated with psychiatrists, observing cases and taking patient case histories under supervision.

Jun 2018 - Jul 2018 Mental Health Foundation (Intern)

- Conducted community surveys in Delhi slums and served as a trainee in camps, providing first-hand support to individuals with mental health concerns.

Conferences

- . International conference of indian academy of health psychology (ICIAHP-18)
- National annual conference of indian association of clinical psychologists (NACIACP-19)
- International conference on human rights and human dignity (ICHRHD-21)
- Virtual Asia pacific mental health symposium-22 (IAPS)