

# DIKSHA BANSAL

Clinical Psychologist at O. P. Jindal Global University

☎ +91 94647 30973

✉ drdiksha.1111@gmail.com

📍 Panchkula, Haryana (India)

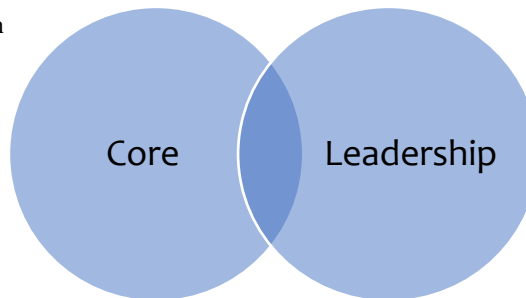
**Result-oriented professional** -- Seeking a challenging position in a reputable organization where I can effectively apply my expertise in comprehensive assessment, accurate diagnosis, and evidence-based treatment modalities to empower patients in achieving optimal well-being.

## PROFILE SNAPSHOT

- ❑ **Dedicated** and **compassionate**, energetic RCI Licensed Clinical Psychologist professional, with **04+ years** of experience, committed to serving patients by **listening to concerns** and **guiding patients**, in **addressing behavioural, mental, and emotional issues**. **Proficiently evaluates** and **diagnoses** the **mental health** needs of **people** and **communities**.
- ❑ **Experienced** in **interviewing individuals** to **identify psychological** needs and **provide accurate diagnosis**, **knowledgeable** in various **psychological techniques**, including **cognitive-behavioural**, **mindfulness-based**, and **emotion-focused therapies**. Successfully delivering **accurate diagnoses** and positive outcomes for **high-risk patients**.
- ❑ **Experienced** in **crisis intervention** and **risk assessment** enables me to provide **immediate support** and **develop** targeted interventions to ensure the safety and well-being of my patients.
- ❑ **Ability to write articles, research papers, and reports** to share **finding** and **educate other**.
- ❑ **Compassionate** and **empathetic approach** allows me to **connect** with **individuals** from **diverse backgrounds**, **fostering trust** and open communication.
- ❑ **Strong leader & team player**, **Articulate communicator** with **effective leadership**, **decision-making**, **problem-solving**, interpersonal & presentation skills, together with a bottom-line development focus and a result driven **"CAN DO"** attitude individual.

## CORE COMPETENCIES

- Psychotherapy / Consultations
- Treatment Planning and Intervention
- Clinical Assessment and Diagnosis
- Crisis Intervention and Counselling
- Integrated Healthcare Models
- Case & Client Management
- Patient Screening
- Personality Test Support
- Cognitive Behaviour Therapy
- Individual and Group Therapy



- Team Management & Leadership
- Analytical & Creative Thinking
- Treatment Planning
- Collaboration
- Monitoring and Evaluation
- Liaison & Co-Ordination
- Psychoanalytical and Gestalt Therapy
- Hypnosis
- Meditation Support

## CAREER NARRATIVE

Clinical Psychologist ▶ O. P. Jindal Global University – Sonipat, Haryana

March'23 – Present

### Key Result Areas:

- Implement and oversee **suicide prevention** programs on campus. Conduct risk assessments and provide crisis intervention for students at risk of suicide. Collaborate with campus stakeholders to ensure a comprehensive approach to suicide prevention.
- Develop and deliver **substance abuse prevention** initiatives and awareness campaigns. Provide counselling and support to students struggling with substance abuse issues. Coordinate with external resources for referrals and rehabilitation options.
- Organize and manage **mental health awareness events and festivals**. Collaborate with student organizations and faculty to plan engaging activities. Facilitate workshops, seminars, and panels to educate students on mental health topics.
- Serve as a first responder during **mental health crises and campus emergencies**. Provide immediate support and intervention to students in distress. Liaise with campus security and health services to ensure timely assistance.
- Assist in **developing and implementing university policies related to mental health**. Advocate for student mental health needs in policy discussions and decisions. Ensure compliance with legal and ethical standards in all aspects of mental health care.
- Offer **counselling and support to students** experiencing academic and social adjustment challenges. Provide guidance on coping strategies and navigating university life. Facilitate support groups or workshops to help students build resilience and adaptability.
- Conduct **individual and group psychotherapy sessions** tailored to student needs. Administer and interpret psychometric assessments to inform treatment plans. Collaborate with healthcare professionals for comprehensive student care.
- **Collaborate with academic departments, residence life, and health services** to support student wellness. Refer students to specialized services or resources as necessary. Participate in multidisciplinary teams to address complex student cases and promote holistic care.

In my role as a student counsellor, I am dedicated to promoting a supportive and inclusive campus environment where all students can thrive academically, emotionally, and socially.

**Key Result Areas:**

- Conduct research to explore **AI applications in mental health** interventions. Collaborate closely with psychologists and psychiatrists to understand clinical needs and challenges. Investigate AI algorithms to develop personalized therapy and mental health assessment tools.
- Design and develop **AI-driven tools for mental health assessment and monitoring**. Ensure the interfaces are user-friendly and accessible to diverse populations.
- Conduct usability studies and gather **feedback from users and clinicians**. Provide **comprehensive training** and support to clinicians and users on the use of AI tools. Foster trust and transparency by clearly communicating AI functionalities and benefits.
- Evaluate the effectiveness of AI interventions through **rigorous clinical trials and studies**. Continuously iterate and improve AI algorithms based on user feedback and clinical outcomes. Stay abreast of advancements in AI and mental health research to drive continuous innovation.
- **Address ethical challenges** associated with AI in mental health, such as bias and transparency. Uphold ethical guidelines and standards in all stages of AI development and deployment. Promote inclusivity and equity in access to AI-driven mental health solutions.

**Key Result Areas:**

- Developing and implementing evidence-based treatment plans tailored to individual client needs, incorporating a range of therapeutic modalities, such as cognitive-behavioural therapy (CBT), psychodynamic therapy, and mindfulness-based approaches.
- Providing individual and group therapy sessions to clients with a wide range of mental health concerns, including depression, anxiety disorders, personality disorders, and trauma-related disorders.
- Collaborating with a multidisciplinary team, including psychiatrists, social workers, and nurses, to ensure coordinated and holistic patient care.
- Conducting comprehensive psychological assessments to evaluate and diagnose various mental health disorders, utilizing standardized assessment tools and clinical interviews.
- Monitoring client progress through regular re-evaluation and adjustment of treatment plans as necessary.
- Maintaining accurate and confidential clinical documentation, including progress notes, treatment plans, and assessment reports.
- Conducting crisis interventions and provide immediate support to clients in acute distress.
- Staying up to date with the latest research and advancements in the field of clinical psychology through attending conferences, workshops, and continuing education programs.
- Providing counselling and emotional support to clients, helping them navigate challenges, develop coping strategies, and promote overall well-being. Offer guidance and resources to clients' families and caregivers to assist them in supporting the client's mental health journey.

**Key Result Areas:**

- Worked closely with clients to establish clear and measurable treatment goals that address their specific needs and desired outcomes.
- Established a collaborative and therapeutic relationship with clients, engaging in open and honest communication to understand their concerns, goals, and treatment preferences.
- Conducted therapy sessions using the chosen treatment methodologies, applying techniques from cognitive-behavioural therapy, hypnotherapy, psychoanalytical therapy, and gestalt therapy. Utilize mindfulness exercises and Emotional Freedom Techniques (EFT) to enhance therapeutic outcomes.
- Regularly assessed and monitored clients' progress towards their treatment goals, using standardized assessment tools and subjective feedback to evaluate the effectiveness of the chosen treatment strategies.
- Assessed clients' presented issues and choose appropriate treatment methodologies based on their unique circumstances. This may involve utilizing cognitive-behavioural therapy (CBT), hypnotherapy, psychoanalytical therapy, and gestalt therapy as appropriate for each individual client.
- Modify treatment plans as necessary, considering clients' responses and feedback, and making adjustments to treatment methodologies, goals, or interventions to ensure the most effective and personalized approach.
- Educated clients about their specific treatment methodologies, including explaining the principles, techniques, and expected outcomes associated with cognitive-behavioural therapy, hypnotherapy, psychoanalytical therapy, gestalt therapy, mindfulness exercises, and EFT.
- Maintained accurate and thorough documentation of treatment plans, interventions used, progress notes, and any changes made throughout the therapy process, ensuring compliance with legal and ethical guidelines.
- Adhere to ethical guidelines and principles of professional conduct, maintaining confidentiality, informed consent, and ensuring the overall well-being and best interests of the clients.

**Key Result Areas:**

- Conducted psychological assessments to evaluate individuals' mental health and cognitive functioning.
- Provided individual therapy to clients, utilizing evidence-based therapeutic techniques and interventions.
- Developed personalized treatment plans based on clients' specific needs and goals.
- Collaborated with interdisciplinary teams to coordinate care and ensure comprehensive treatment.
- Maintained accurate and confidential client records and documentation.
- Conducted research studies and contribute to the advancement of psychological knowledge.
- Adhere to ethical guidelines and professional standards in all aspects of practice.
- Provided support and guidance to clients, helping them navigate challenges and improve their well-being.
- Advocate for mental health awareness and promote destigmatization of mental health issues.

CERTIFICATIONS / ASSIGNMENTS

- ▶ **Internship** at Luna Neuropsychiatry Clinic for 2 months and gained valuable hands-on experience in neuropsychiatric assessment and treatment under the guidance of experienced professionals.
- ▶ **Internship** at VIMHANS Hospital for 2 months, actively participating in diverse clinical settings and gaining practical experience in assessing and treating mental health disorders under the mentorship of esteemed professionals.
- ▶ **Internship** at Oorja for therapeutic exposure, actively engaged in a variety of therapeutic modalities and gaining practical experience in provided support and guidance to individuals facing mental health challenges.
- ▶ **Worked** as a **Psychologist** at Bal Sadan for 4 months, provided compassionate support and psychological services to children in need, utilizing evidence-based interventions and collaborating with a multidisciplinary team to promote their well-being.

NOTABLE ACHIEVEMENTS ACROSS THE CAREER

- ▶ **Authored 3 research papers** and **co-authored 2**, contributed to the advancement of psychological knowledge.
- ▶ **Presented 3 research papers** and **1 poster** at prestigious national and international conferences, showcasing findings and insights in the field of psychology, and contributing to scholarly discussions and exchange of knowledge.
- ▶ **Secured 2<sup>nd</sup> position** in an inter-state model presentation on stress and its management, highlighting expertise in the subject matter and demonstrating effective communication and presentation skills in 2018.
- ▶ **Conducted seminars and workshops** on a variety of subjects, delivering engaging and informative sessions to educate and empower participants.

ACADEMIA DETAILS

<b>Professional Diploma in Clinical Psychology</b> SGT Institute of Engineering & Technology, Gurugram (HR)	<b>-2022</b>
<b>Master's in Psychology (Clinical Psychology)</b> Chandigarh University, Ghuruan, Kharar – Punjab	<b>-2020</b>
<b>Bachelor of Arts (Psychology)</b> Kurukshetra University, Kurukshetra – Haryana	<b>-2018</b>

PERSONAL DOSSIER

<b>Linguistic Abilities:</b>	English, Hindi, Punjabi & Haryanvi
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