

# RESUME

SAMIKSHAPAL  
REHABILITATION PSYCHOLOGIST  
Date of Birth: 09 December 2000  
Address: Dehradun, Uttarakhand  
Phone No.: 8439175109  
Email ID: [samikshapal09@gmail.com](mailto:samikshapal09@gmail.com)

## **PROFESSIONAL SUMMARY**

Passionate and dedicated Psychology professional with expertise in mental health counselling, currently pursuing a final-year specialization in Rehabilitation Psychology. Equipped with strong listening, empathy, and leadership skills, I am committed to fostering a supportive and safe space for students' emotional and psychological well-being. My academic knowledge, combined with hands-on experience in psychiatric clinics, special education, and multispecialty hospitals, enables me to provide evidence-based guidance tailored to diverse individual needs. Seeking an opportunity as a mental health professional to contribute meaningfully to individual mental health.

## **EDUCATION**

### **Master of Philosophy (M.Phil.) in Rehabilitation Psychology**

Mahtma Jyoti Rao Phoole University, Jaipur,  
2023– 2025

### **Master of Arts (M.A.) in Clinical Psychology**

DIT University, Dehradun,  
Uttarakhand 2021-2023

### **Bachelor of Arts (B.A.) in Psychology Honors**

Graphic Era Deemed To be University, Dehradun,  
Uttarakhand 2018-2021

## **INTERNSHIP AND VOLUNTEER EXPERIENCE**

- Rehabilitation Psychology Intern  
**Shalby Multispecialty Hospital, Jaipur**
- Psychiatric Psychology Intern  
**Dr. Anil Tambi Clinic, Jaipur**
- Rehabilitation Psychology Intern  
**Blind School and Special school, Jaipur**
- Psychology Intern  
**Manah Unnayan, Dehradun**
- Volunteer Counsellor  
**Latika Roy memorial Foundation, Dehradun, Uttarakhand**

## **JOB EXPERIENCE**

### **PSYCHOLOGY COUNSELLOR**

Latika Roy Memorial Foundation,  
Dehradun (March 2022-July 2022)

- Assisted in conducting psychological assessments and rehabilitative therapy for individuals with disabilities (Autism, Cerebral Palsy, Intellectual Disability etc).
- Supported therapy sessions, including cognitive-behavioral and rehabilitation techniques.
- Contributed to developing and evaluating personalized rehabilitation plans.
- Individual and group therapy

## **SKILLS**

- Psychological Assessment & Diagnostics
- Cognitive Behavioral Therapy (CBT) and Rehabilitation Techniques
- Psychoeducation and Counselling (one on one/ group)
- Case Management and Treatment Planning
- Conduct Workshop or seminars
- Leadership & Team Collaboration
- Crisis Intervention & Conflict Resolution
- Empathy and Active Listening
- Multidisciplinary Collaboration

## **CERTIFICATION AND TRAINING**

- Participation certification in “National Conference on Spiritual Neuroscience 2024- Ancient Indian wisdom and evidence in current neuroscience”- Himalayan Institute of Medical Sciences, Dehradun
- Participation certification in “Neurological Perspective of Behavior”- Mahatma Jyoti Rao Phule University, Jaipur
- Accredited art therapy Certification (Udemy)
- The National Institute for Entrepreneurship
- Participation certification – “How to be happy- Say no to Stress”
- Workshop Participation certification – “Mental health issues and its Prevention”
- Workshop Participation certification – “Biopsychosocial model of health and wellbeing”
- Participation certification – “Emotions and me”
- Participation certification – “one day workshop on Rorschach Inkblot Test”

**Extracurricular & Volunteering**

- Organized mental health awareness seminars in university settings.
- Led peer counselling initiatives for student support groups.
- Conducted workshops on stress management and emotional resilience.

**LANGUAGES**

- English
- Hindi

**DECLARATION**

I solemnly declare that all the above information is correct to the best of my knowledge and belief.