



# YASHI GOEL

## CLINICAL PSYCHOLOGIST

### CONTACT

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📍 Sector-51, Gurugram,  
Haryana

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### EDUCATION

2022-2024 77%

**M.Phil in Clinical Psychology**

ABVIMS & Dr. Ram Manohar Lohia  
Hospital affiliated to Guru Gobind  
Singh Indraprastha University

2020-2022 GPA: 8.6

**M.Sc. Clinical Psychology**

Christ University, Bangalore  
Central Campus

2017-2020 GPA: 8.9 (First rank)

**BA Hons in Psychology**

Daulat Ram College, University  
of Delhi

2017 96%

**Class 12, Humanities Stream:**

Amity International School  
(CBSE board), Sector-43,  
Gurugram

2015 10 CGPA

**Class 10: Amity International  
School (CBSE board), Sector-  
43, Gurugram**

### PROFILE

Passionate, enthusiastic, and driven individual with a keen interest in mental health, specifically clinical psychology. Having a strong foundation in psychological assessment and evidence-based interventions of a wide variety. Strong organizational and teamwork abilities developed through clinical and academic projects. Seeking opportunities to grow professionally while making a meaningful difference in individuals' lives.

### WORK AND INTERSHIP EXPERIENCE

#### Private practitioner (Counselling psychologist)

MAY 2022-DECEMBER 2022

- Conducted 100+ hours of regular as well as pro-bono therapy sessions online to promote well-being and recovery among clients suffering from a variety of mental health issues using evidence-based approaches, under supervision

#### Child Psychology Intern

FEBRUARY 2022-APRIL 2022

Shiloah Therapy and Learning Centre, Bangalore

- Observe and assist therapists in Occupational Therapy, Applied Behavioural Analysis, and Speech Therapy for kids with special needs
- Collaborate with other team members to conceptualize and implement skill-enhancement activities tailored according to diverse needs or kids according to their special needs and abilities

#### Intern

MAY 2022-JULY 2022

Bengaluru Neurocentre, Bangalore

- Observed patients suffering from a range of neuropsychiatric issues like memory deficits, anxiety, ADHD, intellectual disability, etc.
- Conduct Mental Status Examination and psychometric assessments on the patients and provide psychological aid under supervision

#### Intern

MAY 2018-JUNE 2018

Department of Mental and Behavioural Sciences, Fortis Memorial Hospital, Gurgaon, Haryana

- Learnt about psychometric assessments, various therapies like CBT, SFBT, and DBT, as well as psycho-oncology
- Observed psychologists' and psychiatrists' interactions with the clients and made detailed case reports on the same

## SKILLS

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- Psychotherapy
- Psychological assessment for diagnostic and other purposes
- Case formulation and treatment planning
- Crisis intervention and management
- Ethical decision-making
- Research and analysis
- Supervision and training
- Time management and organizational skills

## LANGUAGES

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English  
Hindi

## PUBLICATIONS

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- Research article titled "Ethics in Psychological Research" published in the book Ethics in Social Work Research (In Press)
- Research paper publication cited as- Khosla, M., & Goel, Y. (2021). Comparing the Beliefs and Attitudes towards Traditional Healing Methods and Modern Medical Treatment Procedures: Implications for Developing Integrative Procedures. Indian Journal of Positive Psychology, 12(3), 216-222.
- Research paper publication cited as- Jain, S., & Goel, Y. (2019). Assessing the Therapeutic Effects of Vacationing. School Health & Wellbeing.

## PROJECTS

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- M.Phil Dissertation on the title "Non-Suicidal Self-Injury in Borderline Personality Disorder: Role of Alexithymia and Somatoform Dissociation"
- Masters dissertation on the title "Why do People Revise Their Decisions: Impact of Emotions on Metacognitive Monitoring"
- Organized multiple events and projects as Head of Psychometric Assessment Wing, Christ University, Bangalore
- Worked as the 'Community Well-Being Ambassador' in a project called "Trauma Response" by Light Up (Emotions Matter) Foundation

## ACCOMPLISHMENTS

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- Won Award for Best Research Paper Presentation at the National Conference of Society for Addiction Psychology organized by Amity University, Gwalior (December 2024)
- Presented 10+ research papers at National and International Conferences
- Scholarship for University topper (*North Campus*) in B.A. (Hons) Psychology (2017-2020 batch), Delhi University
- Served as the Vice President, Department of Psychology, Daulat Ram College, Delhi University (2016-2017)

## REFERENCES

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### Ms. Urmi Chakraborty

- Clinical Psychologist/Assistant Professor
- Ex-faculty at ABVIMS Dr.RML Hospital
- Currently working at Holy Family Hospital, Delhi as Consultant Clinical Psychologist.

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### Prof. Pooja V. Anand

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