



# Titiksha Naudiyal

Clinical Psychologist (A)

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*I aspire to use my acquired knowledge and skills around the field of psychology and human behaviour for the betterment of society to my best potential. I am capable of efficiently working in both clinical as well as school set-up.*

## EXPERIENCE

### Disha Neuropsychiatric Clinic

March- June 2025

#### Trainee Clinical Psychologist

Trained in the Disha Neuropsychiatric Clinic under the supervision of Dr Dharmender Singh and worked with clinical patients presenting a wide range of psychiatric conditions. Responsibilities included conducting detailed case histories, mental status examinations, therapy and administering psychological assessments.

### Govt. District Hospital Noida

August- December 2024

#### Trainee Clinical Psychologist

Trained in the Psychiatric Department of govt hospital Noida and worked with clinical patients presenting a wide range of psychiatric conditions. Responsibilities included conducting detailed case histories, mental status examinations, therapy and administering psychological assessments.

### Zehak Organisation

January 2024-present

#### Freelance Counselling Psychologist

Working as a freelance psychologist. Takes sessions for different age groups with different conditions.

### Sparsh Global School

July 2023- July 2024

#### School Psychologist

Working as the school psychologist. One on one counselling session with students from pre-primary till grade 8th students. Wellness classes and workshops are also conducted for student.

### Sarvottam International School

March- May

#### Counselling Intern

Part of the counselling department of the school. Performed psychometric testing on students as a baseline assessment tool, prepared school life skill curriculum, gave one on one counselling sessions to middle and secondary school students, attended counselling sessions with the head counsellor for parents. Took wellness classes for middle school student. Carried out classroom observations for primary wing.

### Mind My Mind

8th February- 8th March 2023

#### Part time Intern

Worked with a mental health startup company. Job description included taking CRM enquiries, content writing and designing mental health campaigns and programmes.

### Parivartan Foundation Rehabilitation Centre

August 2022- November 2022

#### Psychology Intern

Engaged in part time internship at rehabilitation centre in Delhi. Carried out supervised group counselling sessions with the facilitator. Took one on one vent sessions with the addicts.

### Govt Doon Medical College and Hospital

June 2022- July 2022

## Clinical Psychology Intern

Interned at Psychiatry department of Doon medical college and hospital. Observations of Cases in OPD, case history taking, noting progress of in-patient.

## We4You

August 2021- November 2021

### Intern

Recorded audio books for blind children. conducted educational and counselling sessions.

## Psychosiksha (online internship program)

17 May 2021- 16th June 2021

### Clinical psychology intern

Completed "Clinical Psychology Internship" of 90 hours from 17th May 2021 to 16th June 2021 under Psychoshiksha.

## Fortis Hospital with Sukoon NGO

3rd July 2020- 12th July 2020

### Summer Internship

A 50 hour online clinical internship which focused on theoretical aspects of client therapist relationship with some tasks and case studies as assignments.

## Leaders For Tomorrow (LFT)

June 2020- July 2020

### HR Coordinator

Was the HR Coordinator for the people who joined the organization for summer internship program. Job duties included coordinating between the Head and the interns and designing of Daily Task for the interns.

## Leaders For Tomorrow (LFT)

January 2020- March 2020

### Educator at Tis Hazir Children's Home

The internship program specifically catered to the educational needs of the children who did not have the privilege to attend schools. sessions used to take place in

## EDUCATION

### Amity University, Noida (AIBHAS)

August 2024-June2025

#### Professional Diploma in Clinical Psychology

Pursuing my RCI license with intense training in Psychotherapy and Psychological Assessments

### Christ University Master of Science

2021-2023

#### (M.Sc), Clinical Psychology

Overall GPA: 3.63/4 Member of the Student Welfare Office (SWO) Stage Committee. Core member of the Sports Council of the University.

### Indraprastha College for Women, DU

2018-2021

#### Bachelors of Arts in Psychology and Human Resource Management (HRM)

CGPA- 8.121 Played basketball at university level and was a union member with the designation of Creative Head in department council.

### Convent of Jesus and Mary (ICSE Board)

Year of Completion- 2018

#### Initial Schooling

Completed high school in the Humanities stream with Psychology, Hindi, History, English and Economics as the major subjects and obtained 93% in board examinations. Part of the School Council with the designation of Discipline Prefect.

## SKILLS

I am a dedicated, sincere, responsible, optimistic & a fun loving person and possess good listening skills. I am an organized individual, team player and work well under pressure. I value my skills of following instructions, coming up with creative ways of dealing with day-to-day challenges and not shying away from hard work, even on days I face challenges. Throughout my academic career, I have developed a strong foundation in psychological theories, research methods, psychodiagnostics testing and clinical practices. I have also completed relevant coursework in psychopathology, cognitive and behavioral therapies, and other evidence-based interventions. In addition to my academic training, I have gained relevant clinical experience through my

practicum and volunteer work at community mental health clinics, hospitals and NGOs.

## CERTIFICATIONS

### CBT Practitioner Certification (Accredited)

26th July- 1st September 2023

Graham Nicholls, The Priority Academy Ltd

A fully comprehensive and accredited course on CBT.

### Counselling Children and Adolescents

1st June 2023- 20th June 2023

Udemy and Elmira Strange (Instructor)

Course on professional counselling to help specializing in working with children and adolescents.

### Am I sleeping well? Get it! Keep it! Fix It!

20th April 2022

Christ (Deemed to be University), Delhi-NCR

Workshop on sleep Disorders and related topics.

### Adolescent Problem-Solving Counselling Training

1st June- 30th June 2022

Sangath Organisation

Completed this Adolescent Training Counselling Program which aimed at imparting basic skills while handling adolescent problem and the ways of resolutions.

### Introduction to Psycho-oncology

28th-30th June 2021

Fortis Hospital, India

Participated in online short course on introduction to Psycho-oncology.

### Forensic Psychology

10th March-16th March 2021

Udemy and Elmira Strange (Instructor)

Attended this short course on Forensic Psychology.

### Art Therapy

2nd-4th June 2020

Fortis Hospital, India

Participated in online short course on introduction to Art Therapy.

## ACHIEVEMENTS

### Chrispo Sports Fest' 23

3rd-6th March 2023

Winners in Girls Basketball Category

Won first position in the inter college sports fest of christ university in basketball category.

### Rann' 23

10th-12th February 2023

Winners in girls basketball category

Won first position in the inter college sports fest of KIET Group of Institutions in basketball category.

### Pedagogic League 2022-2023

2nd-10th September 2022

Winners in girls basketball category

Winners in the intra christ basketball tournament.

### Dehradun I.C.S.E School Association

7th- 10th November 2017

Runner's- up in girls basketball category

Runner's Up in the inter school basketball tournament hosted by Dehradun Council School's Association

### District Basketball Championship

Participating team

Participated in the Under -18, Under -14, Under-16 district basketball championship in school.