



Shreya Bakshi, Psy.D.

Clinical Psychologist (RCI)

Dynamic and compassionate graduate in RCI recognised, "Authoritative Leveled", Psy.D. (Clinical Psychology) with a solid foundation in providing evidence-based mental health care. Leveraging rigorous clinical training and research experience, I am dedicated to enhancing patient well-being and fostering positive outcomes in healthcare, hospital, and educational settings. With a focus on female health, body image issues, emotional eating behaviors, respiratory disorders, breathing dysfunctions, health psychology, art-based therapy, grief therapy, analytic therapeutic techniques, and inner child work, I bring a holistic approach to mental health care.

Contact

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Address

New Delhi, India

Education

2024

Psy.D. Clinical Psychology

RCI (Amity University, Noida) CGPA: 8.43
Grade A

2020

Post Graduate Diploma in Mental Health

Indira Gandhi National Open University (IGNOU)
68% First Division

2019

M.A. Psychology (Psychosocial Clinical Studies)

B.R. Ambedkar University, Delhi (AUD) CGPA: 8.66
Grade: A
Dissertation Grade: A+

2017

B.A. (Hons.) Psychology

Kamala Nehru College, University of Delhi (DU)
CGPA: 8.66 Grade: A

2012 and 2014

Secondary and Senior Secondary Examinations (C.B.S.E.)

Cambridge School Srinivaspuri CGPA 9.8 (10th) and
95% (12th) (Grades: A+)

Skills

Psychotherapy, Child Therapy, Disability assessment, Psychiatric Case History Taking
Diagnosis and Clinical Assessments.

Languages

Hindi, English, Basic Indian Sign
Language

Experience

- Junior Consultant Clinical Psychologist: Disha Neuropsychiatry Center: June 2024-July 2024
- Junior Consultant Clinical Psychologist: Army Hospital Research and Referral: Mar 2024-June 2024
- Junior Consultant Clinical Psychologist: Deen Dayal Upadhyay Hospital
Dec 2023-Feb 2024
- Junior Consultant Clinical Psychologist: Disha Neuropsychiatry Centre
Aug 2023-Dec 2023
- Junior Consultant Clinical Psychologist: Air Force Central Medical Establishment
(A.F.C.M.E.): Mar 2023-Aug 2023
- Junior Consultant Clinical Psychologist: Perfect Mind: Sep 2022 - Apr 2023
- Trainee Clinical Psychologist Disha Neuropsychiatry Centre Apr 2022 - Sep 2022
- Trainee Clinical Psychologist: Punah: Santulan Aarunya: Feb 2022 - Mar 2022
- Trainee Clinical Psychologist Lady Hardinge Medical College Jan 2022 - Feb 2022
- Trainee Clinical Psychologist Janakpuri Super Specialty Hospital Sep 2021 - Dec 2021
- Trainee Clinical Psychologist: National Institute for Empowerment of Persons with
Intellectual Disabilities (NIEPID): Apr 2021 - Aug 2021
- Trainee Clinical Psychologist: Punah: Santulan Aarunya: Jan 2021 - Mar 2021
- Intern: Institute Of Human Behaviour And Allied Sciences: Jul 2018 - Aug 2018
- Intern: Psychiatry Department, Lady Hardinge Medical College: Apr 2018 - Jun 2018
- Internship Trainee: Udaan (NGO): Dec 2017 - Jan 2018
- Internship Trainee: Moolchand Medcity: Nov 2016 - Jan 2017 (3 months)

Achievements

I have a track record of academic excellence and active participation in extracurricular activities. As the Head Girl at Cambridge School, Srinivaspuri in 2014, I received numerous awards. I excelled in CBSE board exams, ranking first in Class 10 and achieving a 95% score in Class 12. In 2017, I ranked second in undergraduate exams and sixth overall in Delhi University. During my M.A. in Psychology, I received merit scholarships and earned top grades, including an A+ for my dissertation. I've presented two posters and one oral paper presentation at esteemed conferences, for one of them, I was awarded the second prize. A significant finding of my research on dyspnea among adults with asthma and COPD has also been published in a high-impact factor journal.