

SALONI DOGRA

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A passionate and empathetic clinical psychologist seeking to apply my skills and expertise in therapy to support individuals who are going through emotional, intra-and interpersonal, and psychological struggles. Eager to contribute to a positive, growth-oriented environment while advancing my expertise in clinical practice.

EXPERIENCE

JULY 2024- DECEMBER 2024

TRAINEE, APEX HOSPITAL, JAIPUR

Administered psychological assessments to diagnose mental health conditions and developed treatment plans to improve patients' psychological well-being.

JANUARY 2023- DECEMBER 2024

TRAINEE, GAUTAM HOSPITAL AND RESEARCH CENTRE, JAIPUR

Administered psychological assessments to diagnose mental health conditions and developed treatment plans to improve patients' psychological well-being.

JANUARY 2023- DECEMBER 2023

TRAINEE, BHARGAVA PSYCHIATRY, DE-ADDICTION AND GENERAL HOSPITAL, JAIPUR

Administered psychological assessments to diagnose mental health conditions and developed treatment plans to improve patients' psychological well-being.

DECEMBER 2022

INTERN, KARMA CENTER FOR COUNSELLING AND WELLBEING, NEW DELHI

Learned basic counselling skills, mental disorders and queer affirmative therapy

AUGUST 2021 – OCTOBER 2021

VOLUNTEER, RAINDROPS FOUNDATION (AFFILIATED WITH MYNDKARE), NEW DELHI

Made a module on sensitization of school children on disability and inclusion, collected funds for donation and participated in sanitary napkin donation drive

MAY 2021 – JUNE 2021

INTERN, PSYMANN, NEW DELHI

Learned about various psychological tests, case history-taking and mental status examination

JANUARY 2021 – FEBRUARY 2021

INTERN, ZENTERED MINDS, NEW DELHI

Learned rapport building, CBT, Expressive arts therapy, REBT and case history-taking

JANUARY 2020 – FEBRUARY 2020

INTERN, PSYCHOWELLNESS CENTRE, NEW DELHI

Observed counseling sessions and wrote articles on various psychology topics

JUNE 2019

INTERN, WORLD BRAIN CENTER, NEW DELHI

Observed counseling sessions and learned about various psychological tests and Jacobson progressive muscle relaxation

JANUARY 2019 – MARCH 2019

INTERN, DEEP CHAND BANDHU HOSPITAL, NEW DELHI

Took case history of patients admitted in the De-Addiction ward

MAY 2018 – JUNE 2018

INTERN, INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES, NEW DELHI

Observed counseling sessions

EDUCATION

2022- 2024

M.Phil. CLINICAL PSYCHOLOGY, SURESH GYAN VIHAR UNIVERSITY,
JAIPUR

SGPA: 7.04

2017- 2021

BA+MA CLINICAL PSYCHOLOGY, AMITY UNIVERSITY,
NOIDA

CGPA: 7.87

2016

12TH STANDARD, RYAN INTERNATIONAL SCHOOL,
ROHINI

Science- Physics, Chemistry, Biology, with Psychology
Percentage: 74%

2014

10TH STANDARD, RYAN INTERNATIONAL SCHOOL,
ROHINI

CGPA: 9.4

SKILLS

- Cognitive Behavioral Therapy
- Interpersonal and Social Rhythm Therapy
- Client Assessment and Diagnostics
- SPSS Statistics
- Effective communication and empathy
- Problem solving skills
- Research (primary and secondary)

HOBBIES

Reading, writing poems and online fiction, video editing, playing violin

ACTIVITIES

- Attended Rorschach Inkblot Technique workshop held in Amity University, Noida
- Conducted various secondary researches and primary research as a part of university curriculum.
- Learned about psychological first aid via an online non-credit course authorized by Johns Hopkins University via Coursera
- Attended art and music therapy workshop for emotional well-being
- Attended an online workshop on "Trauma-informed psychological interventions"
- Attended 1st annual national conference of society for addiction psychology (ANCSAP-2023) organized by Society for Addiction Psychology and National Drug Dependence Treatment Centre (NDDTC), AIIMS