



ARUSHI KUMARI

RCI Licenced Clinical Psychologist

DOB: 18 March 1996

I have a very calming and intuitive presence, that helps create a safe space for open dialogue. I am a passionate Clinical Psychologist with strong decision-making & problem-solving skills and can handle difficult situations. I am trained to handle issues of anxiety, depression, and mania with psychosis and without psychosis, OCD, relationship sexual dysfunction, relationship issues, schizophrenia, alcohol dependence and substance dependence, Borderline personality disorders, eating disorders & more.

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INTERNSHIPS

• Athena Behavioral Health



November 2023- February 2024

Working As a Clinical Psychologist trainee, handling cases of different disorders, doing psychological assessments & IQ assessments. and taking group therapy sessions.

• Institute of human behavior and Allied Sciences



June 2019 - July 2019

Observation of the patients during sessions and assessments being conducted by Mphil clinical psychology trainees

• My Fit Brain



Feb 2019 - May 2019

Three months basic internship program in counseling. During the course period, one learned history taking, mental status examination, counseling techniques, and relaxation sessions and assisted in therapeutic interventions

• Unique institute of Behavior Sciences



July 2018 - Aug 2018

IQ Testing, case discussions, observation of counseling sessions of the patients, and assessments conducted under supervision

• Karma Center for counseling and wellbeing



June 2018

45 hours of the internship was completed which included mental health examination, history taking, and in-depth understanding of adult and child psychopathology



EDUCATION

Edu.Qualification	Institute	Result	Year
M.phil in Clinical Psychology	SGT University	68.16%	2021-23
Msc in Psychology	Guru Jambheshwar University of Sci. & Tech.	66.55%	2017-19
B.Sc. Life Science	Dyal Singh College, Delhi University	73.40%	2014-17
XII	JIVA Public School (ISC)	80.06%	2014
X	JIVA Public School (ICSE)	86.04%	2012



Gurugram



New Delhi



Hisar



New Delhi



New Delhi



SKILLS

- Problem-solving
- Ethical Decision making
- Group Therapy
- Communication
- Active Listener
- Clinical interviewing
- Confidentiality
- Empathy
- Culture sensitivity
- Crisis intervention



CERTIFICATES

- Certificate to practice Rorschach test with level 1 and Level 2
- Certified for Thematic Apperception test and Child Apperception Test
- Certified in Essential-I Cognitive behavior therapy by Beck institute.
- Presented research paper in IACP 2023.
- One month Course in CBT via Unique Psychological services By Gagandeep Kaur .



TRAINING

- Trained in CBT,REBT,DBT,MET,ACT, schema therapy, sex therapy, MBCT, transactional analysis, crisis counseling and mindfulness.
- Trained in RCI mandatory assessment including IQ assessments, personality assessments and neuropsychological assessments.



WORK EXPERIENCE

- I volunteered in Delhi Counseling Helpline For a month.
- Worked part-time with MY FIT BRAIN, Hisar for 3 years which includes taking depression, anxiety, and sexual cases
- Worked in Athena Behavioral Health for 5 months as a Clinical Psychologist which included taking care of OPD and IPD cases of Schizophrenia, BPAD- mania with and without psychosis and severe depression, Alcohol dependence, Substance depended, marital counseling, etc.
- Worked in Mindplus August 2024 to January 2025 as Clinical Psychologist which included working with substance addiction, BPAD, severe depression, dissociation, schizophrenia and schizoaffective patients in IPD, taking group session of psychoeducation, group therapy for substance patients.