

Objective	Compassionate and experienced psychologist with two years of expertise in supporting adults in dealing with mental health concerns ranging from stress, anxiety, depression, panic attacks, grief, trauma, work-life balance, and relationship challenges to depression and related concerns. I am seeking an opportunity to expand clinical skills, and contribute to comprehensive mental health care.
Education	<div><div>National Forensic Sciences University MSc Clinical Psychology 2021-2023 — First Class with Distinction</div><div>University of Delhi Ba(hons) applied psychology 2018-2021 — First Class</div><div>Army Public School All India Senior Secondary Examination 2017-2018 — 92%</div><div>Army Public School All India Secondary School Examination 2015-2016 — 86%</div></div>
Skills	<ul style="list-style-type: none">Active ListeningMental HealthInterpersonal skillsCounselingEmpathyPatient AssessmentObservational skills
Certificates	<div>Cognitive Behaviour Therapy</div> <div>Acceptance and Commitment Therapy</div>
Experience	<div><div>Soulful Mind, New Delhi Intern<ul style="list-style-type: none">Gained foundational knowledge of psychological disorders through structured learning and observation.Participated in sessions on psychological assessments, clinical skills, ethics in practice, and the fundamentals ofCognitive Behavioral Therapy (CBT).Actively engaged in case discussions, Mental Status Examinations (MSE), and case history documentation to develop clinical expertise.</div><div>Prayas Juvenile Centre, New Delhi<ul style="list-style-type: none">Assisted in case studies of juvenile girls under expert guidance, focusing on understanding their psychological and behavioral challenges.Designed and facilitated play-based activities to promote emotional expression and engagement.Administered a range of psychological assessments, including IQ tests (MOCA, ACE), personality evaluations, and court-mandated assessments such as child custody evaluations.</div><div>Max Super speciality Hospital, Patparganj</div></div>

- Worked extensively with children with special needs, focusing on their unique developmental and psychological requirements.
- Conducted detailed case studies and Mental Status Examinations (MSE) to assess and document behavioral and cognitive profiles.
- Independently facilitated therapy sessions, demonstrating autonomy and clinical expertise.
- Administered a wide range of academic, cognitive, and IQ assessments, including MISIC, WISC, Learning Disability evaluations, ASTER, SFBT, GDS, BGT, and the Stanford-Binet Test.
- Performed projective and anxiety assessments, such as TAT, Sentence Completion Test, and Anxiety Inventories, to gain deeper insights into emotional and psychological states.

Empowering Minds

- Conducted engaging mental health awareness sessions for children, fostering resilience and emotional well-being.
- Designed and led a workshop for rural women, equipping them with effective parenting strategies and mental health self-care techniques.
- Facilitated an interactive session on the psychological effects of bullying, utilizing role-play activities to enhance understanding and participation.

Psyquench

- Gained in-depth knowledge of Cognitive Behavioral Therapy (CBT) techniques and their practical applications.
- Developed skills in case formulation, therapy planning, and conducting structured CBT sessions.
- Conducted supervised sessions, ensuring adherence to evidence-based protocols and client-centered approaches.

Mr.Solvo

- Conducted 80+ therapy sessions, providing evidence-based interventions for individuals facing anxiety, panic attacks, relationship challenges, work-life stress, trauma, and grief.
- Facilitated emotional healing and resilience-building through personalized therapeutic approaches.
- Helped clients develop effective coping strategies to enhance mental well-being and overall life satisfaction.

Languages Spoken	•English (Proficiency) •Hindi (Proficiency)
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