**Sargam Mittal**

Delhi | 091 84487 14522 | mittal.sargam2701@gmail.com

A dedicated and skilled professional with a passion for clinical psychology, with a strong background in academics and practical exposure, committed to personal and professional growth. Furnished with exceptional interpersonal skills, including the capacity for empathetic listening, and providing nonjudgmental support to clients in their therapeutic journey. I am a team player, looking to make meaningful contributions to a potential employer.

**EDUCATIONAL QUALIFICATION:**

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| Professional Diploma in Clinical Psychology (RCI Recognized) | Amity University, Gurugram. | 7.43 GPA | 2023 |
| M. Sc. (Clinical Psychology) | Amity University, Gurugram. | 8.52 GPA | 2022  |
| B. Sc. (Clinical Psychology) | Amity University, Gurugram. | 6.99 GPA | 2020 |

**INTERNSHIPS UNDERTAKEN:**

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| PALS Clinic, Rajouri Garden, New Delhi. | June 2018 - July 2018 |
| World Brain Center Hospital, Dabri, Delhi. | June 2019 - July 2019 |
| California Hypnosis Institute, Gurugram. | April 2021 - May 2021 |
| Manas Foundation, Okhla, New Delhi. | June 2021 - July 2021 |
| Psycho-Wellness Centre, Dwarka, Delhi. | July 2021 - Aug 2021 |
| Therapy & Beyond, Vasant Kunj, Delhi. | Oct 2021 - Nov 2021 |
| Manipal Hospital, Bangalore. | Feb 2022 - Mar 2022 |
| RNR Emotional Wellbeing (Emoneeds, Gurugram.) | Jan 2023 - Mar 2023 |

**SEMINARS/WORKSHOPS ATTENDED:**

* Successfully completed comprehensive courses focusing on critical areas such as Communication & Listening Skills, as well as in-depth studies on Behavior Analysis.
* Actively participated in a Seminar addressing ADHD in Schools, hosted by EHSAAS at the esteemed Sir Ganga Ram Hospital in Delhi, gaining valuable insights into neurodevelopmental disorders and educational interventions.
* Engaged in the vibrant learning atmosphere of Mental-Health-Fiesta 2019, an enlightening event organized by the Mental Health Foundation (India) in collaboration with the Department of Psychiatry at AIIMS, New Delhi, held at the prestigious JLN Auditorium, furthering understanding of contemporary mental health issues.
* Demonstrated commitment to personal well-being and professional growth by attending a specialized workshop on stress management hosted at the Delhi Police Headquarters, acquiring practical strategies for mitigating stress in high-pressure environments.

**SKILLS:**

* Conducted CRT (Cognitive Remediation Therapy) and SST (Social Skills Training) for diverse populations across group setting, at Emoneeds, Gurugram.
* Demonstrated ability to effectively engage with individuals from diverse cultural backgrounds, fostering an inclusive and culturally sensitive therapeutic environment.
* Extensive experience in applying a wide range of psychotherapeutic techniques, including cognitive-behavioral therapy (CBT), psychodynamic therapy, and mindfulness-based approaches, to address varying client needs and concerns.
* Expertise in administering and interpreting a variety of psychometric assessments, such as the MISIC, Rorschach, and PGI-BBD, to conduct comprehensive psychological evaluations and treatment planning.
* Clinical Diagnosis and Formulation: Strong skills in conducting thorough clinical assessments, formulating diagnoses based on ICD-10 criteria, and developing tailored treatment plans in collaboration with clients.