

VANSHIKA M WAHEJA

PSYCHOLOGIST

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SUMMARY

Dedicated Clinical Psychologist with specialized training in evidence-based therapeutic interventions and psychological assessment. Experienced in working with diverse populations across anxiety disorders, depression, and trauma-related conditions. Committed to advancing mental health awareness through research, community outreach, and clinical practice. Proven track record in both individual therapy and group intervention programs.

CLINICAL EXPERIENCE

Clinical Psychology Intern at Kailash Hospital

| Jan 2024 - Present

- Provided individual therapy sessions for 40+ clients with anxiety, depression, and PTSD
- Participated in multidisciplinary team meetings and case consultations
- Maintained detailed clinical documentation and treatment progress notes

Assistant Therapist at Mind Wellness addiction Center

| Jun 2023 - Dec 2024

- Facilitated group therapy sessions for stress management and coping skills
- Assisted senior psychologists in conducting intake assessments
- Developed psychoeducational materials for client families
- Supported crisis intervention protocols and emergency assessments

RESEARCH EXPERIENCE

Research Assistant at IIT under Dr. Kamlesh Singh

| Sep 2023 - Present

- Developing and validating psychometric instruments for measuring social disconnection
- Co-authoring manuscripts on loneliness interventions and their neurobiological mechanisms
- Supervising undergraduate research assistants in data collection and statistical analysis protocols
- Presenting research findings at international conferences and collaborating with multi-institutional research teams

Psycho-Oncology Research Fellow

Kids Can-Can Kids - Under Dr. Rita Kumar

- Facilitating psychoeducational support groups for patients undergoing chemotherapy & radiation therapy
- Collaborating with oncology medical teams to integrate psychological care into comprehensive treatment plans
- Analyzing treatment adherence relationships with psychological well-being and social support systems

EDUCATION

Master of Arts in Clinical Psychology

Amity University, Noida

| 2022-2024

CGPA: 8.7/10.0

Thesis: "Psychological Correlates and Interventions for Loneliness Among Young Adults: A Mixed-Methods Study"

Bachelor of Arts in Psychology (Honors)

| 2019-2022

University of Delhi, Delhi

CGPA: 8.4/10.0

PUBLICATIONS & PRESENTATIONS

- Waheja, V.M., & Kumar, R. (2024). "Depression and Anxiety in Cancer Patients: A Cross-Sectional Study."
- Waheja, V.M., Singh, K. (2024). "Psycho-Oncology Interventions: Impact on Quality of Life in Indian Cancer Survivors."

CONFERENCE PRESENTATIONS:

- "Addressing Loneliness Through Technology-Enhanced Interventions: A Clinical Perspective" - National Conference on Clinical Psychology, Mumbai (2024)
- "Social Connection and Mental Health: Community-Based Interventions for Loneliness" - Indian Association of Clinical Psychologists Annual Meeting, Bangalore (2024) under review
- "Understanding Loneliness Patterns Among University Students: A Longitudinal Study" - Student Research Symposium, Delhi (2023)

VOLUNTEER WORK & COMMUNITY SERVICE

Mental Health Awareness Volunteer | 2022 - Present **Vandrevala Foundation**

- Conducted mental health workshops in government schools reaching 500+ students
- Developed age-appropriate psychoeducational content on stress management
- Trained peer counselors in basic active listening and crisis recognition skills
- Organized World Mental Health Day awareness campaigns

Crisis Helpline Volunteer | 2023 - Present **iCall - Tata Institute of Social Sciences**

- Provided telephone counseling and emotional support for 4 hours weekly
- Completed 40-hour training program in crisis intervention techniques
- Maintained accurate call logs and follow-up documentation
- Participated in regular supervision and debriefing sessions

Community Outreach Coordinator | 2021 - 2022 **NGO Connecting Dreams Foundation**

- Organized mental health screening camps in underserved communities
- Facilitated support groups for women experiencing domestic violence
- Collaborated with local healthcare providers for referral networks

CERTIFICATIONS & TRAINING

- **DBT Level 1 Certification** - Behavioral Tech Institute | 2024
- **Mental Health First Aid Certification** - Mental Health Foundation of India | 2024
- **Suicide Prevention Training** - Indian Association of Suicidology | 2023
- **Ethics in Clinical Practice Workshop** - Indian Psychological Association | 2023

HONORS & AWARDS

- **Outstanding Volunteer Recognition** - Vandrevala Foundation (2024)
- **Merit Scholarship** - University of Delhi (2021-2023)
- **Student Research Excellence Award**