

KHUSHI TOMAR

TRAINEE CLINICAL PSYCHOLOGIST

Contact	<p>Phone: +916266970417</p> <p>Email: khushitomar.psy@gmail.com</p> <p>Location: Gwalior, Madhya Pradesh</p>
Professional Summary	<p>Enthusiastic and dedicated Clinical Psychology graduate with hands-on experience in therapeutic interventions, crisis management, and community service. Skilled in counseling diverse populations, including children, youth, and elderly, with a commitment to fostering emotional well-being and resilience.</p>
Education	<p>Amity University, Madhya Pradesh 2023–2025</p> <p>Master’s In Philosophy in Clinical Psychology</p> <ul style="list-style-type: none">GPA– 6.9Trained at Gajra Raja Medical College (GRMC) <p>Amity University, Madhya Pradesh 2021–2023</p> <p>Master’s In Applied Psychology</p> <ul style="list-style-type: none">Graduated with Distinction <p>Makhanlal Chaturvedi National University of Journalism and Communication 2018–2021</p> <p>Bachelor’s in Computer Application</p> <ul style="list-style-type: none">Graduated with Distinction
Clinical Experience	<p>GRMC</p> <p>In the OPD environment, I conducted individual therapy sessions using evidence-based modalities such as Cognitive Behavioural Therapy (CBT), Supportive Therapy, Dialectical Behaviour Therapy (DBT). These sessions addressed a wide range of psychological conditions, with a particular emphasis on managing Obsessive-Compulsive Disorder (OCD), Schizophrenia, Dissociative Disorders, and Borderline Personality Disorder. My hands-on training enabled me to effectively work through challenging dissociative episodes and engage with clients exhibiting resistance to change, employing adaptive strategies to facilitate therapeutic progress.</p> <p>IPD setting, I conducted comprehensive psychological evaluations, including intellectual assessments, personality profiling, neuropsychological testing, learning disability screenings, and the administration of projective techniques such as TAT and the Rorschach Inkblot Method.</p>
Skills	<p>Therapeutic Intervention and Case Management:</p> <ul style="list-style-type: none">Proficient in delivering evidence-based therapies, including CBT, DBT, ACT, Supportive Therapy, and REBT, tailored to individual client needs.. <p>Psychological Assessment and Diagnosis:</p> <ul style="list-style-type: none">Skilled in conducting comprehensive psychological assessments, including IQ testing, personality evaluations, neuropsychological batteries, learning disability screenings, and projective tests such as TAT and Rorschach. Capable of synthesizing assessment data to inform diagnostic clarity and treatment planning.

Multidisciplinary Collaboration and Consultation:

- Experienced in working alongside psychiatrists, social workers, and healthcare professionals to develop integrated care plans. Capable of contributing psychological insights in team discussions, case reviews, and patient consultations for holistic treatment approaches.
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**Internships
and Programmes****Psychology Internship (2022)**

Nidaan (We Care)

- Exposure to Occupational therapy for Children with Neurodevelopmental Disorders

Gestalt Therapy Programme (2024)

(Dr. Sam Manickam, Amity University)

**Research
Experience**

Mphil Clinical Psychology | 2023-2025 (Dissertation)

Emotional Inertia As a moderator of Thought Suppression and Cognitive Rigidity in Predicting Suicide Severity: A Comparative Study of Attempters and Non- attempters

Master's In Applied Psychology | 2021-2023 (Dissertation)

Emotional Maturity and Competence Among Youth: The Impact of Working and Non-working Mothers

Certificates**Postpartum Psychiatric Disorders**

CBMS, Udaipur

**Languages
Known**

English , Hindi

**Personal
Interests**

- Exploring Various Cultures through Music
 - Volunteer Work
 - Travelling and Seeking Adventures
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References

Ms Grace Sharon Joyce
gracesharonjoyce@gmail.com

Dr. Rajendra Kumar Sharma
rksharma1@gwa.amity.edu
