VISHAKHA JAISWAL +91-9205418189 | vishakhaj0802@gmail.com

**ACADEMIC QUALIFICATIONS**

**MPhil Clinical Psychology (RCI)**

Mahatma Gandhi University of Medical Sciences and Technology, Jaipur

**MA Clinical Psychology**

Amity University, Noida

**B.A. (Hons) Economics**

Dyal Singh College, University of Delhi

**Schooling from La Martiniere Girls' College, Lucknow**

**WORK EXPERIENCE**

**Intern at Tata Memorial Hospital, Mumbai (12.07.2021 to 12.08.2021)**

* Conducted screening using GAD, PHQ, ECOG, VAS, WAIS-IV and SOFAS
* Administered CBT, mandala therapy, stress reduction techniques and sleep hygiene
* Worked in palliative care, both adult and pediatric, using psycho-education and collusion
* Patient navigation programme

**Intern at The Wings Learning Center, Noida (04.02.2021 to 04.03.2021)**

* Conducted ABA, Occupational therapy, speech and language therapy and special education sessions
* Conducted group sessions
* Psycho-educated parents and family members of the children and colluded with them

**Intern at Positive Insights (11.11.2020 to 03.12.2020)**

* Took case history and mental status examination in both adults and children
* Practised administration of therapies such as Cognitive Behaviour Therapy, Mindfulness Therapy, JPMR and Exposure and Response Prevention Therapy
* Conducted screening tests and assessments using PANSS, BPRS, TMT, MMSE, VSMS, GDT, BDI, BAI and STAI.

**Intern at Hope Trust India, Hyderabad (24.09.2020 to 24.10.2020)**

* Learnt about Substance Use Disorder
* Conducted screening and assessment of patients
* Psycho-educated the family members of the patients
* Assisted the clinical psychologist in coming up with provisional diagnosis
* Administered parts of CBT, 12-step recovery programme and JPMR

**Intern at Karmacare (01.06.2020 to 31.07.2020)**

* Clinical and counselling internship
* 240 hours of internship
* 120 hours of webinars
* 120 hours of supervised fieldwork

**Intern at Unique Institute of Behavioural Sciences (24.02.2020 to 28.02.2020)**

* Learnt counselling skills and client handling.
* Took case history and mental status examination at Prabal Drug De-addiction and Psychiatric Hospital, Lucknow
* Volunteered at Aastha Old Age Hospital, Lucknow.

**Intern at** [**www.7cupsoftea.com**](http://www.7cupsoftea.com) **(10.02.2020-25.05.2020)**

* Student-track Honours project
* Active Listening of 10 hours per week
* Completion of all training guides
* Offline outreach initiative

**RELEVANT SKILLS**

**Specialisation in Positive Psychology**

* Online course by University of Pennsylvania on Coursera
* Included concepts of positive psychology such as flourishing, flow, resilience, balance model etc.

**Addiction Treatment: Clinical Skills for Healthcare Providers**

* Online course by Yale University on Coursera
* Covered SBIRT, RIPTEAR, medications, psychological therapies and critique of public policies

**Startup India Learning Program**

* By Startup India, a GOI initiative
* Developed by Invest India in collaboration with UpGrad
* 4-week extensive course on entrepreneurship

**DISSERTATION**

* **Defense mechanisms, personality dimensions, quality of life and psychopathology in women undergoing fertility treatments**
* **Relationship between self esteem and engagement in risky sexual behaviours among young adults**

**CO-CURRICULAR ACTIVITIES**

**Conference**

* *Delegate at National Conference Psycho-Oncology (NCPO) 2025, AIIMS Delhi*
* *Delegate at 8th Asian CBT Congress, AIIMS Delhi*

**Debating**

* *1st in Vigilance Week Debate by Airports Authority of India, 2017*
* *1st in Multi-tier Debate, Lady Hardinge Medical College, 2017*

**VOLUNTEER ACTIVITIES**

RightWalk Foundation (20.03.2021 to 20.05.2021)

Verified Listener on 7cupsoftea.com (22.12.2019 to 09.02.2020)

**POSITIONS OF RESPONSIBILITY**

Team leader in parliamentary debates, DSC 2016-2018

Representative of BEES (Better English Expression Society) LMGC, 2014-15