

# YASHIKA SINGH

✉ yashikasingh.12j@gmail.com

☎ 9873347166

📍 Ghaziabad, U.P.

## Education

**M.Phil Clinical Psychology,**  
*Institute of Mental Health and Hospital*  
January 2022 – January 2024  
Agra, India

**M.A. Psychology,** *University of Delhi*  
August 2019 – June 2021  
New Delhi, India

**B.A. (Hons) Psychology,**  
*University of Delhi*  
July 2016 – June 2019 | New Delhi, India

## Research Work

**Emotional Recognition and Cognitive Distortion in Schizophrenia and Bipolar Disorder patients,** *Institute of Mental Health and Hospital, Agra*  
2023 – 2024

**Impact of Experiences of Childhood Trauma on Perceived Stress Among Justice-involved Youth,**  
*PGIMER, Chandigarh*  
2023

**Exploring the Notion of Love in Passion Crime: A Psychological Inquiry,** *University of Delhi*  
2020 – 2021

## Professional Experience

**Clinical Psychology Trainee,**  
*Institute of Mental Health and Hospital*  
January 2022 – January 2024 | Agra, India

- Provided individual and group therapy to diverse people in outpatient and inpatient settings.
- Conducted thorough psychodiagnostic evaluations.
- Delivered various psychotherapeutic interventions.

**Volunteer,**  
*Tihar Jail and International Bridges to Justice*  
July 2017 – November 2017 | Delhi

- Developed case histories of the female inmates
- Conducted workshops for better emotional and stress management
- Used active listening for inmates with a safe space to share their distress.

**Intern,** *Karma Center for Counselling and Well-being*  
June 2017 | New Delhi

- Attended workshops on assessments and childhood sexual abuse.
- Carried out presentations and discussions around disorders.

## Skills

- Psychodiagnostic Assessment
- Behavior Analysis
- Cognitive Behavior Therapy
- Individual and Group therapy
- Research and Analysis
- Clinical documentation

## Languages

- English
- Hindi