




ISHITA


PSYCHOLOGIST




 **Female**

 **18th July 1998**

 **9953399594**

 **ishitaj98@gmail.com**

 **New Delhi, Delhi 110030**

SKILLS

- **Communication Skills**

Fluency in speaking the languages English and Hindi

- **Compassionate Skills**

Successfully managed to hear attentively about one's problems, build trustworthy relations with them comprising of empathy and concern. Patiently tries to cope up with their growth.

- **Computer Skills**

Keeping up with changing times, easily adapting the skill of using technology and computer such as Word, Excel and online meeting apps such as Zoom, Cloud, Google Meet.

- **Time Management Skills**

Managing multi-tasking expertise by managing time for each task.

INTERESTS

- Reading
- Listening to Music

DECLARATION

Ishita : I am confident of my ability to work, and I hereby declare that the information furnished above is true to the best of my

OBJECTIVE

I am a hardworking, energetic and a result-oriented professional. I have willingness to work with all kinds of individuals to develop their confidence and mental health. I have skills to address the problems faced by clients to learn and make informed and healthy decisions in their life. I have the ability to actively listen to client's concerns and empathize with whatever their situations might be.

EDUCATION

- **Amity University**

MA Clinical Psychology August 2019 - December 2020
-- Secured 7.52 CGPA

- **Amity University**

BA Clinical Psychology July 2016 - July 2019
-- Secured 7.10 CGPA

- **Delhi Public School, Delhi**

Class 12th in Science with Psychology April 2015 - May 2016
-- Secured 86%

- **Delhi Public School, Delhi**

Secondary Education April 2006 - May 2014
-- Secured 9.6 CGPA

WORK EXPERIENCE

- **Happitude Studio**

Counselling Psychologist May 2023 - Present

Conducted 500+ individual counseling sessions at Happitude Studio, applying specialized expertise to address a diverse range of issues, including relationship concerns, self-esteem issues, confidence building, and childhood traumas, fostering positive mental well-being in clients. I also engaged in content creation for blogs, newsletters, trainings and social media platforms. I conducted training sessions for college and school students, imparting psychological knowledge and skills demonstrating team management and leadership skills. I also facilitated case discussions, treatment plans and case observations with interns, contributing to professional development and learning experiences.

- **My Healing Bliss**

knowledge.

Founder

February 2024 - Present

My Healing Bliss is a mental health organization aimed to help people achieve bliss through psychotherapy.

I have conducted workshops on various topics related to mental health taught over 200+ students.

- **Dolphin POD**

POD Coach

March 2022 - January 2023

A new generation pre school with POD methodology comprising Playactivities along with collaborative and relaxing methods.

I have successfully provided sessions to different students having certainpsychological issues.

Successfully trained in the methodology conducted lesson plans.- Evaluated students academic and social growth.

Successfully conducted interaction with parents.

Responsible for keeping appropriate records and prepare progress reportsof students.

Successfully managed to deliver online sessions.

- **Little Leap**

Child Developmental Trainer

April 2021 - August 2021

As a child developmental trainer I used to work on the overall developmentof the child.

I used to teach children focusing on their communication skills ,confidence , interpersonal skills

- **De Probe**

Intern

August 2020 - September 2020

It was an online internship due to the ongoing pandemic. I interned underMs. Pooja Tomer.

She is a forensic psychologist and an empaneled member of the JuvenileJustice Court.

I attended lectures online, gave presentations and also attended variousguest lectures.

- **Covid Response Helpline**

Crisis Counsellor

July 2020 - September 2020

I was a crisis counsellor for the Covid-19 Response Helpline affiliated withthe Delhi Government.

I used to counsel the Covid-19 patients and also counselled their familymembers.

- **Fortis Hospital**

Intern

July 2020 - July 2020

It was an online internship due to the ongoing pandemic. I used to attendlectures, gave presentations etc.

I was also required to give an exam at the end of the internship andreceived a certificate for the same.

- **Tulasi Rehab and Psychiatric Centre**

Intern

December 2019 - February 2020

I used to interact with the patients and organize and conduct activities for them.

- **Institute of Human Behaviour and Allied Sciences**

Intern

June 2019 - July 2019

I used to observe patients during OPD sessions with the psychiatrist.

- **The Perfect Mind**

Intern

December 2018 - February 2019

I used to observe patients during OPD and conducted a few assessment tests under the supervision of the psychiatrist

- **Lady Hardinge Hospital**

Intern

May 2018 - June 2018

I used to observe patients during the OPD and conducted history taking, MSE ie mental status examination under supervision of the psychiatrist.

- **Tranquility - The Mind Clinic**

Intern

December 2017 - March 2018

I used to observe the patients during the OPD under the supervision of a psychiatrist.

- **Max Hospital**

Intern

June 2016 - July 2018

I used to observe the patients during the OPD under the supervision of a psychiatrist.

- **Umeed NGO**

Volunteer

May 2016 - June 2016

I used to teach the underprivileged students