

Ritika Pal

CLINICAL PSYCHOLOGIST

CAREER OBJECTIVE

I want to work and help in mental health issues and emotional difficulties. Where I learn new skills set by learning how to work in a hospital setting and expand my knowledge. I worked with, anxiety, depression, and behaviour issue children and related to psychological disorders.

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Address:
Gurgaon

EDUCATION

Phd (Clinical psychology) 2022- pursuing
NIMS University, Jaipur

Diploma (Advance diploma in child guidance and counselling)2022-2023
OPJS University , Rajasthan

Msc (Clinical psychology) 2020-2022
Amity University, Haryana

BA (Applied psychology) 2017-2020
Amity University, Haryana

EXPERIENCE

Clinical psychologist , 6/2024 - still working
Nirvaan Therapy

- Delivered evidence-based psychological assessments, therapy, and support to diverse clients through telehealth platforms, addressing a wide range of mental health issues.
 - Collaborated with clients to create personalized treatment plans, incorporating their unique backgrounds, goals, and therapeutic needs to ensure effective care and engagement.
 - Leveraged digital tools and resources to facilitate therapy sessions, including video conferencing, chat platforms, and secure document sharing, promoting accessibility and convenience for clients.
 - Regularly assessed client progress through standardized measures and feedback, adapting therapeutic approaches as necessary to achieve optimal outcomes.
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CLINICAL PSYCHOLOGIST, 05/2023 - 05/2024**UNDER DR. NATASHA KHULLAR FROM MEDANTA THE MEDICITY, GURGAON**

- Taking history, doing assessment and give diagnosis also, psychological assessment and counseling with CBT, DBT, SFBT, Supportive therapy.
- Relaxation therapy, neuro related assessment and counselling, taking group session every Sunday of dementia
- Patient, taking online sessions, making weekly and monthly reports for dementia patient, individual counselling and
- relaxation therapy.

CLINICAL PSYCHOLOGIST, 02/2023 - 05/2023**JIWAN DHARA HOSPITAL**

- Counselling and assessment for migraine patient, psychological assessment and counseling with CBT and
- Mindfulness based - stress reduction therapy.

STUDENT COUNSELLOR, 11/2022 - 01/2023**VELS GURGAON**

- Study and update student records, prepare and present reviews on progress, complete assessment's, analysis of
- Results and providing them with feedback, cooperating \parents and teachers as well as other interested parties,
- Conduct group and individual counseling sessions to assist students with their concerns.

FLOOR ASSISTANT THERAPIST, 04/2022 - 10/2022**LEARN AND PLAY SCHOOL**

- Study and update student records, complete assessments, analysis of results and providing them with feedback,
- Cooperating with parents and teachers as well as other interested parties, doing activities with child ADHD, Autism
- Child, making weekly and monthly reports for the student.

PSYCHOTHERAPIST, 03/2021 - 03/2022**NA/ KIRAN DRUG REHABILITATION CENTRE, GURGAON**

- Counsel and supported to patients suffering from drug or alcohol dependency, educate families in the- best ways to
- Help in the recovery process, and work with both in patient clients and those participating in out patient programs.

INTERSHIPS

- INTERSHIP IN FORTIS MEMORIAL. RESEARCH INSTITUTE GURGAON FOR 1 MONTH.
- INTERSHIP IN 1WELLNESS CLINIC IN GURGAON FOR ONE MONTH.
- INTERSHIP IN CITIZEN HOSPITAL GURGAON FOR 1.5 MONTHS.
- TRAINING IN NAI KIRAN REHABILITATION CENTRE IN GURGAON FOR 1.5 MONTHS
- INTERSHIP IN CALIFORNIA. HYPNOSIS OF INSTITUTE FOR ONE MONTH INTERSHIP.
- INTERSHIP IN MEDANTA THE MEDICITY GURGAON FOR ONE Month

ACCOMPLISHMENTS

- RESEARCH PAPER DONE IN 20 19, 2021 AND 2022
- A STUDY OF PERSONALITY AND QUALITY OF LIFE: CORRELATION ANALYSES

<https://www.ijbsss.com/volume-x,-issue-iii,-may-2024-.html>

- LIFE SATISFACTION AMONG OENERATION X AND MILLEN NAILS: EMPRICIL ANALYSIS

<https://ww.¥.ijhsss.com/volume-x,-issue-iii,-may-2024-.html>

- A CORRELATION STUDY OF EVE TEASING AND SOCIAL ANXIETY ON YOUNG ADULTS

- SAVOURING POSITIVE EMOTIONS for POSITIVE HEALTH CLINICAL PSYCHOLOGIST'S PERSPECTIVE
This article aims to highlight methods of enhancing positive emotions and the processes leading to positive physical and emotional health. October magazine page no- 45

BEHAVIOURAL & COGNITIVE TECHNIQUES in ADHD CLINICAL PSYCHOLOGY MODEL AUGUST
MAGAZINE PAGE NO-27

PERSONAL INFORMATION

- Father's Name: DHARAM PAL
- Date of Birth: 13-12-1998
- Languages Known: Hindi, English

DECLARATION

I hereby declare that the above-furnished information is true to the best of my knowledge and belief.