

CONTACT

SHIVANGI RAI

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OBJECTIVE

To work in an environment which encourages me to succeed and grow professionally where I can utilize my skills and knowledge appropriately in working with individuals from diverse backgrounds towards their betterment.

EDUCATION

2018-2020

- **Amity University**
Master of Arts (MA) Counselling Psychology
8.29 CGPA

2015-2018

- **Kamala Nehru College, University of Delhi**
Bachelor of Arts (B.A) Psychology
8.15 CGPA

2015

- **Ryan International School, Vasant Kunj**
All India Senior School Certificate Examination (AISSE)
96.00%

2013

- **Ryan International School, Vasant Kunj**
Senior Secondary Education
9.2 CGPA

EXPERIENCE

*21/06/2021 -
Present*

- **Asha Hai**
Child Psychologist

*04/03/2021 -
31/05/2021*

- **Autism Centre for Excellence (ACE)**
Case Manager

*17/11/2020 -
17/12/2020*

- **United We Care**
Intern (Content Development)
Helped in the development of content by researching on various psychological topics as required by the team.

04/2020 - 06/2020

- **Covid 19 Response**
Counselor
- Worked with the COVID-19 Response team as a counsellor during the lockdown period
- The focus was on alleviating the distress of the callers and helping them become calm and grounded

05/2019 - 06/2019

- **Centre for Child and Adolescent Wellbeing (CCAW)**
Summer Intern
- Worked with a team of therapists in order to understand case history and appropriate courses of action
- Facilitated group therapy sessions for children with ASD and ADHD
- Part of the ongoing research project "Exploring the relationship between the parents' traumatic experiences in life and their child's developmental outcomes"

01/2019 - 02/2019

- **Psychological Academic Learning Services (PALS)**
Intern
 - Learnt about psychological assessment and counselling procedures
 - Gained a first hand experience of working with specially abled children

09/2018 - 10/2018

- **Max Super Speciality Hospital, Saket**
Intern
 - Observed sessions with the senior psychiatrist
 - Learnt about various psychological disorders

PROJECTS

- **Effect of social connectedness and spiritual intelligence on the romantic attachment of young adults**
The purpose of this research was to study the effect of social connectedness and spiritual intelligence on romantic attachment of young adults of Delhi NCR. Non- probability sampling was used to collect data from 150 individuals in the age range of 18-25 years.
Results were analyzed using SPSS. Correlational analyses reveal that while there is a significant relationship between social connectedness and romantic attachment of young adults of Delhi NCR, there is no significant relationship between spiritual intelligence and romantic attachment of young adults of Delhi NCR. The results of the regression analysis further reveal that social connectedness accounts for 32.2% of the variance in close romantic attachment, 15.7% of the variance in dependent romantic attachment and 9% of the variance in anxious romantic attachment of young adults of Delhi NCR. Further research is required to explore and understand the variables affecting the romantic attachment of young adults of Delhi NCR.

SKILLS

- Determined
- Active listening skills
- Good communication skills
- Openness to experience
- Can speak in fluent english and hindi
- Teamwork
- Leadership skills

ACHIEVEMENTS & AWARDS

- Achieved first position in Academics in 2015- Ryan International School, Vasant Kunj

ACTIVITIES

- Completed one month 'Advanced Clinical Training in Child and Adolescent Psychology' under the mentorship of Ms. Dipti Thakur at Nayi Disha Mental Health Clinic.

- Completed Behavior Modification Programme with the Pediatric Psychiatry Services, Sir Ganga Ram Hospital, New Delhi
- Completed the 'Introduction to Adverse Childhood Experiences and Early Trauma' online training course commissioned by the Office for the Police and Crime Commissioner West Midlands.
- Completed the Gatekeeper program of suicide prevention organized by the QPR institute.
- Attended a webinar organized by Harvard Medical School titled 'Coping with the Stress of Coronavirus'
- Participated in a three-day introductory art therapy workshop organized by Fortis mental health.
- Volunteer, Chetna NGO
- Volunteer, Jamghat NGO (Max India Foundation)
- Completed Introductory Workshop on Dance Movement Therapy
- Attended Introductory Workshop on Play Therapy and Cognitive Behavioral Therapy
- Volunteered to teach underprivileged children as a part of 'Mahipalpur Education on Wheels' project

CERTIFICATIONS

- Successfully completed an online course on 'Psychological First Aid' authorized by the John Hopkins University and offered through Coursera.

ROLES AND RESPONSIBILITIES

- Provided assistance to a student with Dyslexia by volunteering as a scribe in AISSCE.
- Class monitor for a batch of fifty students in 9th-12th standard.

HOBBIES AND INTERESTS

- Driving
- Cooking
- Watching TV series
- Swimming