
ISHITA KARMAKAR

Clinical Psychologist

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SKILLS

Psychometric Assessment Skills:

1. Children- IQ Assessment, Specific Learning Disability Assessment, Projective, Semi-Projective and Objective Personality Assessments, Rating Scales etc.
2. Adults- Rating Scales, Projective, Semi-Projective and Objective Personality Assessments, Neuropsychological Assessments etc.
3. Thematic Apperception Test (TAT and CAT)
4. Rorschach Inkblot Test

Psychotherapy and Counseling Skills:

1. Children- Behavior Modification, Behavior Therapy, Specific Learning Disability Management, Parent Management Training, Play Therapy etc.
2. Adults- Cognitive Behavior Therapy, Dialectical Behavior Therapy, Behavior Therapy, Relaxation Therapy, Exposure and Response Prevention, Motivation Enhancement Therapy etc.
3. Trauma Focused Therapy, Grief Therapy and Counseling
4. Acceptance and Commitment Therapy
5. Anger Management
6. Family Therapy
7. Marital Therapy
8. Group Therapy

EXPERIENCE

United We Care, Remote - *Clinical and Social Media Manager*

AUGUST 2022 - DECEMBER 2022

ProBano, Remote - *Career Guide*

JULY 2022

Vardhaman Mahavir Medical College and Safdarjung Hospital, New Delhi - *Clinical Psychology Trainee*

MARCH 2022 - APRIL 2022

Lumokid, Remote - *Content Editor*

JUNE 2021 - JULY 2021

Cosmos Institute of Mental Health and Behavioral Science, New Delhi - *Clinical Psychology Trainee*

MAY 2019

Max Super Speciality Hospital, New Delhi - *Clinical Psychology Trainee*

MAY 2018

EDUCATION

National Forensic Sciences University (INI), Gujarat - *M.Phil. Clinical Psychology (RCI Registered)*

AUGUST 2022 - AUGUST 2024

National Forensic Sciences University (INI), Gujarat - *M.Sc. Clinical Psychology*

NOVEMBER 2020 - JULY 2022

Amity University, Uttar Pradesh - *B.A. (Honors) Applied Psychology*

JULY 2017 - JULY 2020

PUBLICATIONS

The Effect of Sleep Quality and Perceived Stress on the Quality of Life in University Students due to COVID-19 Related Restrictions (Journal of Psychosocial Research, Vol. 17, No. 2, 2022, 497-504)

WORKSHOPS AND CERTIFICATION

- SMF Foundation- Webinar on “Mental Health in Youth”
- Industrial and Organizational Psychology
- Resilience and Well-being during the Second Mutant of Covid-19
- Cognitive Behavior Therapy
- Psychotherapy

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- Positive Psychology
 - Psycho-Oncology
 - Sports Psychology
 - Fashion Psychology
 - Art in Therapy
 - Music and Movement in Therapy

VOLUNTEER WORK

- Indirapuram Public School, Uttar Pradesh- Talk Session on Mental Health
- Jamghat Group (NGO)- Online English Teaching