

AKANKSHA SHRIVASTAVA

(RCI) Licensed Clinical Psychologist & Psychotherapist

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PROFESSIONAL SUMMARY

- I am a highly skilled Clinical Psychologist with an M.Phil. in Clinical Psychology from National Forensic Sciences University and a Master of Science from IIS (Deemed to be University), Jaipur. Achievements include academic excellence and leadership roles during my studies. I am licensed by the Rehabilitation Council of India
- I specialize in Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, Mindfulness-Based Cognitive Therapy, Motivational Enhancement Therapy, Rational Emotive Behaviour Therapy, Acceptance and Commitment Therapy
- Expertise includes psychological assessment, stress management, family therapy, and parent management training
- I excel in comprehensive patient care, from assessment to personalized treatment plans, and conduct both individual and group therapy. Experienced in disability assessments and legal testimony, I organize national webinars and conferences, emphasizing communication and collaboration
- Known for strong organizational, time management, and leadership skills, I am proficient in MS Office and data management. I prioritize confidentiality and continuous improvement in delivering mental health support

SKILLS

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|---------------------------------------|--|
| • Psychological Assessment | • Motivational Enhancement Training |
| • Acceptance and commitment Therapy | • Intellectual and learning disability |
| • Mindfulness based cognitive Therapy | • Cognitive Behaviour Therapy |
| • Family and couple Therapy | • Dialectical Behaviour Therapy |
| • Parent Management Training | • Rational Emotive Behaviour Therapy |
| • Teaching | |

PROFESSIONAL EXPERIENCE

Hospital Of Mental Health and Centre for Happiness and Well-Being 2022- 2024
Clinical Psychologist Trainee (Ahmedabad, GJ)

- Conduct comprehensive assessments of patients' medical and psychological histories, administer psychological tests for accurate diagnosis, and develop personalized treatment plans
- Collaborate with multidisciplinary teams to ensure holistic patient care, integrating physical, emotional, and spiritual well-being
- Provide one-on-one counselling using evidence-based approaches for mental health issues like anxiety, depression, and trauma
- Facilitate group therapy sessions to foster peer support and collective healing among clients

- Conduct detailed disability evaluations, prepare thorough reports for certification, and support clients in accessing necessary accommodations and resources
- Act as an expert witness in legal cases, conducting forensic assessments and providing clear, ethical testimony
- Organize large-scale webinars and conferences on psychological topics, manage event logistics, secure expert speakers, and ensure high participant engagement and success through feedback and analysis

Gautam Hospital and Research Centre, Jaipur

Mar 2022 - Aug 2022

Psychology Therapist (Intern)

- Administered standardized psychological tests to OPD patients to assess cognitive, emotional, and behavioural functions accurately
- Conducted detailed intake interviews to gather comprehensive medical, psychological, and social histories, crucial for assessment and treatment planning
- Evaluated patients' mental health using clinical observations, test results, and patient-reported information, identifying and assessing severity of mental health conditions
- Formulated diagnoses according to DSM-5 criteria, ensuring precise identification of mental health disorders, and communicated findings clearly to patients and families.
- Maintained meticulous records of assessments, evaluations, and diagnoses to support ongoing patient care and follow-up
- Collaborated with psychiatrists, social workers, and medical professionals to develop personalized treatment plans for patients
- Provided individualized counselling using evidence-based approaches such as Cognitive Behaviour Therapy and Mindfulness-Based Cognitive Therapy, fostering a supportive environment for patients to address anxiety, depression, trauma, and develop coping strategies

LICENSES & CERTIFICATES

- **Rehabilitation Council of India (RCI)**- Clinical Psychologist

EDUCATION

National Forensic Sciences University (NFSU)

2022-2024

M.Phil. in Clinical Psychology

- **Thesis:** Effectiveness of Diaphragmatic Breathing and Mindfulness Breathing on mild to moderate level of Anxiety Symptoms among Young Adults: A Comparative Study
- 450+ therapeutic hours

IIS (Deemed to be University), Jaipur

2020-2022

Master of Science (CGPA – 8.93)

ACHIEVEMENTS

- **Rank holder** in Master of Science at IIS (Deemed to be University)
- **National Prize** for Painting