

# Avleen Kaur

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## PROFESSIONAL SUMMARY

In my practice, I follow an eclectic approach, using techniques and methods based on the needs of the client while providing supportive strategies to enhance their adaptive skills. Additionally, I aim to create a safe and non-judgmental environment, helping individuals build insight, and acknowledge and accept their emotions and feelings.

## EDUCATION

- **Professional Diploma in Clinical Psychology** (RCI Licensed)  
*SGT University, Gurgaon* | Aug 2023 – Aug 2024
- **Master of Arts in Clinical Psychology**  
*Amity University, Noida* | Jul 2021 – Jul 2023 | CGPA: 7.9/10
- **Bachelor of Arts in Psychology**  
*Mata Sundari College, Delhi University* | Jul 2018 – Aug 2021 | CGPA: 7.09/10
- **Senior Secondary Education (Humanities)**  
*Guru Nanak Public School, CBSE* | 2017 – 2018 | 81%

## WORK EXPERIENCE

**Consultant Clinical Psychologist:** *Amaha Mental Health Centre* | Jan 2025 – Present

- Conduct psychological assessments, diagnostic evaluations, and individual therapy
- Use CBT, DBT, and integrative approaches for issues like anxiety, trauma, relationship concerns etc.
- Participate in supervision, case reviews, and professional development

**Consultant Clinical Psychologist (Part-Time)** *TherapyRoute* | Oct 2024 – Dec 2024

- Delivered individualized therapy and assessments for diverse psychological concerns
- Maintained confidential documentation in line with platform and legal standards

**PDCP Trainee:** *SGT Hospital, Gurgaon* | Aug 2023 – Aug 2024

- Clinical exposure in OPD/IPD settings with supervised assessments & psychotherapy
- Administered tools: BKT, MISIC, VSMS, DST, RIBT, TAT, Rorschach, MCMI, HAM-A, Y-BOCS, MMPI etc.

**Freelance Psychologist:** *Mental Health Peace, New Delhi* | Feb 2024 – May 2024

- Conducted therapy sessions, facilitated workshops and clinical discussions

**Counselling Psychology Intern:** *Chaitanya Centre for Counselling* | May 2023 – Jul 2023

- Done Pro bono counseling under supervision
- Role plays, supervision, and case presentations were done.

**Clinical Psychology Intern:** *The Healthy Mind and Clinic* | Mar 2022 – May 2022

- Conducted MSEs, psychological assessments, and observed therapy sessions

**Clinical Psychology Intern:** *Nidaan Rehabilitation Centre, Bhopal* | Sept 2021 – Oct 2021

- Trained in case history, DSM criteria, counseling skills & therapeutic techniques

**Subject Matter Expert (Psychology):** *Chegg Inc., New Delhi* | Oct 2021 – Feb 2022

- Provided subject-specific support and answered student queries

**DIPLOMAS/EDUCATION/CERTIFICATES**

- **Certificate Course in Dialectical Behavior Therapy (DBT):** *Psycquench* | May 2023 – Jul 2023 (under Ms. Pragati)
- **Diploma in Clinical Hypnotherapy:** *Socially Souled* | Aug 2022 – Mar 2024  
Trained in progressive relaxation, guided imagery, and using hypnosis for anxiety, weight, and smoking cessation etc.

**PUBLICATIONS AND PROJECTS**

Published a Research Paper Titled: "**Anxiety and Stress in Adults During COVID-19**" (2023)

Published URL: [http://ijrar.org/viewfull.php?&p\\_id=IJRAR23B2847](http://ijrar.org/viewfull.php?&p_id=IJRAR23B2847)

**EXTRA- CURRICULARS AND VOLUNTEERING**

- **UMEED NGO (2021)** – Fundraising and awareness for underprivileged communities
- **DHARMAGYA NGO (2020)** – Environmental sustainability volunteer
- **Sahyog Welfare Society (2019)** – College campaign volunteer for child safety and awareness