

# Ritika

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## Education & Achievements

### **Delhi University - North Campus**

2023

M.A. Psychology - Clinical Psychology (specialization)

Got exposure to research and gained more insight and clinical judgement.

Qualified GATE (Psychology) 2024 (AIR 1476)

### **Delhi University - Vivekananda College**

2021

B.A. (hons.) Applied Psychology

Got theoretical knowledge of applying psychology in real life. (CGPA - 8.02)

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## Key Competencies

Ethical Decision Making

Report writing and presenting

Cognitive-Behavioral Therapy (CBT)

Listening skills and Empathy

Clinical assessments and diagnosis

Designing psychological experiments

Logical and analytical thinking

Treatment Planning and Intervention

Qualitative research and analysis

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## Professional Experience

### **Jombay**

2023

Knowledge Management & Content Creation Trainee

Demonstrated dedication to precision, contributing to data collection precision in survey initiatives, and fostering personal development through enhanced interpersonal skills and theoretical concept application.

Received constructive feedback during the internship, fueling personal and professional growth.

### **Mindease wellness center**

2022

Internship

Gained experience by developing refined clinical reasoning skills through active engagement in observing and actively participating in diagnostic and treatment procedures.

Expanded knowledge by attending workshops on various mental health topics and therapeutic approaches.

### **Moolchand Hospital**

2021

Internship

Gained hands-on experience in qualitative research methods and conducted interviews with patients to gather valuable insights for research projects.

Honed clinical reasoning skills by observing and participating in the diagnostic and treatment processes.

### **Sukoon, Fortis**

2020

Internship

Developed a strong ethical understanding while working with mental health professionals in a clinical setting.

Enhanced critical thinking skills by analyzing complex cases and providing appropriate support to patients.

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## Certifications & Proficiencies

### **Dream Analysis and Psychotherapy by Lalit Kr. Singh at UIBS:**

Received training in dream analysis and its application in psychotherapy.

**Mental Health Fiesta in 2019:** gaining insights into promoting mental well-being in the community.

**MEHEAL 2020:** ventures into the power of expressive art therapy in mental health treatment.

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## Community & Conference Experience

### **Slum Swaraj Foundation**

2019-2020 (1 year)

Volunteer Member

### **ICSSR sponsored Three Day International Conference PERSPECTIVES ON PEACE AND SUSTAINABLE DEVELOPMENT IN A WORLD OF CONFLICT**

Volunteer Member and Participation

Attended a workshop titled "Inner Peace and Conflict" during the conference