**Profile**

Passionate and dedicated student of psychology, advocating positive mental health for children and adolescents. Interested in working with children. Adept in rapport formation, communicating, assessing patients, maintaining progress reports, and suggesting solutions. Committed to reinforcing positive feelings and behaviours in clients.



**Naisha Bansal**

# Work Experience

**Intern, Fortis Hospital/ MindTrack Clinic**

## **S**EPTEMBER 2021- JUNE 2022

Observed and conducted counselling sessions, wrote case reports, conducted initial interviews with clients, and summarized case studies.

**Intern, Chetna Project, Delhi India**

## JULY 2021- DECEMBER 2021

Assisted in data acquisition and analysis of an International research project, aimed at studying the mental health of slum children in Delhi.

**Volunteer, Swashrit, Delhi India**

## JULY 2021 - DECEMBER 2021

Teaching underprivileged children.

**Intern, Youth for Mental Health, Delhi India**

## OCTOBER 2019 - NOVEMBER 2019

Developed research skills and designed an Intervention strategy for Menstrual Hygiene in India & attended lectures about various Psychological Therapies.

**Intern, Sarthak, AADI (Action for Ability Development and Inclusion) Delhi, India**

## JUNE 2019 - JUNE 2019

Acquired counselling skills through lectures and participated in an extensive field based project on “Mapping of Mental Health Services in Delhi”

**Published Work**

Article: Bansal, N. (2020). Creativity in the times of coronavirus: Here’s how creative outlets helped Shakespeare, Newton and now, you, amid pandemic. Hindustan Times. Retrieved 8 September 2020. <https://bit.ly/3iZYBGP>

Bansal, N. et al. (2021). Parenting styles and its relationship with self-esteem and hope in adolescents. International Journal of Indian Psychology. <https://ijip.in/articles/parenting-style-and-its-relationship-with-hope-and-self-esteem-of-adolescents/>

Dissertation: Association between symptoms of eating disorders and Instagram use in adolescents and young adults.

# Education

**B.A Psychology. University of Delhi. India (GPA 8.23) S**EPTEMBER 2018- AUGUST 2021

**PG Diploma in Counselling Psychology. Amity University Noida. India (GPA 7.89) S**EPTEMBER 2021- AUGUST 2022

**MSc. Child and Adolescent Mental Health. University College London. United** **Kingdom**. **S**EPTEMBER 2022- SEPTEMBER 2023

Memberships

Graduate Basis for Chartered Membership (GBC)

Accredited by the British Psychological Society (BPS)

Languages

English

Hindi

Skills

* Research
* Communication Skills
* Psychological assessments
* SPSS
* Leadership and Teamwork
* Observation

Courses

Psychological First Aid

John Hopkins University, Coursera

2019

Clinical Skills Workshop

University College London

2022-2023

Details

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NATIONALITY

Indian

DATE OF BIRTH

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ASPIRING MENTAL HEALTH PRCATITIONER