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# ANASUYA DASGUPTA

## I. Personal Data



**Date of Birth:** 25<sup>th</sup> June 1997

**Permanent Address:** D1-59 First Floor, South City-2, Sohna Road, Gurgaon- 122018

**Telephone:** 9910509089

**E-mail:** anasuyadasgupta025@gmail.com

## II. Education

*2021-2023*

M.Phil. in Clinical Psychology

Institution: Central Institute of Psychiatry, Ranchi, Jharkhand

**Grade: 68.5% (First Class)**

*2018 – 2020*

Masters in Psychology (Clinical)

Institution: Christ (Deemed to be University, Bangalore, India

**Grade: 3.86/4** (First division with distinction)

*2015 – 2018*

Bachelor of Science in Clinical Psychology

Institution: Amity University, Gurugram

**Grade: 9.24/10** (First Division with Distinction) (Gold medalist)

## III. Work Experience

*September 2024- Present*

Clinical Psychologist at Sukoon Health

Key responsibilities: psychometric assessments, IPD psychotherapy management and OPD sessions for PTSD, anxiety, depression, personality disorders, substance use disorders.

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*November 2024- August 2024*

Clinical Psychologist at Sanctum  
Wellness and Healing  
Key responsibilities: group therapy  
sessions, individual therapy for patients  
with substance use disorders, anorexia  
nervosa, borderline personality disorder.

*July 2024- October 2024*

Clinical Psychologist at Lissun  
Key responsibilities: psychometric  
assessments, IVF counselling,  
psychotherapy for Physics Wallah  
students

*March 2020- March 2021*

Counsellor at Uinops – teleconsultation of  
clients for stress management and coping  
skills. (Part time)

*Jan 2021- Mar 2021*

Counsellor for the Mental Health and  
Psychosocial Support Helpline for children  
in collaboration with Mind Pipers and  
Government of Rajasthan (Part-time)

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#### IV. Certifications and Paper Presentations:

<i>December 2024</i>	Externship in Emotionally Focused Therapy from International Centre for Emotionally Focused Therapy (ICEEFT)
<i>June 2024</i>	Certification in Queer Affirmative Counselling Practice from Psyklife (Indian association of Therapists)
<i>September 2023</i>	Emotion Focused Therapy Basic Training Course from CONNECT AND RESTORE (CORE)
<i>August 2023</i>	Certified Clinical Trauma Specialist for Individuals (CCTSI-I) from Arizona Trauma Institute under Dr. Robert Rhoton.
<i>June 2023</i>	Transcending Trauma- Treating Complex PTSD with Internal Family Systems Therapy by Dr. Frank Anderson (PESI)
<i>April 2023</i>	Paper Presentation at Asian Conference on Psychology (International Academic Forum) in Tokyo, Japan Title: Exploring Social Meaning of Relational Trauma through Social Dreaming in Patients with Depression.
<i>August 2022</i>	Certification in Dialectical Behaviour Therapy from Connect and Restore (CORE)
<i>July 2022</i>	Cognitive Behaviour Therapy Certification course under Dr. Syam K Ravindran (CONNECT & RESTORE)
<i>July 2022</i>	Certification in Trauma Informed Care from CONNECT AND RESTORE)
<i>June 2022</i>	Certification in Motivational Interviewing from CONNECT AND RESTORE

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<i>January 2019</i>	4 <sup>th</sup> International Conference on Counselling, Psychotherapy and wellness and the 5 <sup>th</sup> congress of SithCp3 organized jointly by the Ontario Institute for studies in Education and Christ (Deemed to be University), in Bengaluru, India.
<i>March 2018</i>	Dissertation on the Comparative Study of Self Esteem, Mental Wellbeing and Feelings of Inadequacy among theretired Military and Non-Military Personnel.
<i>July 2017</i>	Amity Global HR Congress organized by Amity University, Haryana
<i>September 2016</i>	Presented Paper on “Influence of Inductive Reasoning in the memory” at Guru Jambheshwar University, Haryana

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## V. Internship Experiences

*June 2018 – September 2018*

Company: ACTS Groups of Institutes

Location: Bangalore, Karnataka, India

Area of Work: As a Clinical Intern

Main Tasks:

- Carrying out various ACTS projects

*November 2018 – March 2018*

Company: HOPE- The Early Intervention Centre

Location: Bangalore, Karnataka, India

Area of Work: As a Clinical Intern

Main Tasks:

- Observations of sessions
- Helping the facilitators in carrying out activities.

*5<sup>th</sup> June 2017- 14<sup>th</sup> July 2017*

Company: Vidyasagar Institute of Mental Health And Allied Neurosciences (VIMHANS)

Location: New Delhi

Area of work: Clinical Intern

Main Tasks:

- Observation of psychiatric sessions
- Attending workshops on clinical case formulation, substance abuse, Compassion Focused therapy
- Attending psychiatric case formulation sessions.

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*September- October 2017*

Company: Karma Centre for Wellbeing

Location: New Delhi

Area of work: Clinical Intern

Main Tasks:

- Attending Workshops on IQ Assessment, Behaviour Therapy, LGBTQ and Sexuality, Clinical and Counselling sessions
- Role plays based on case history taking and rapport building.

*31<sup>st</sup> May 2016- 7<sup>th</sup> July 2016*

Company/Hospital: Fortis Memorial Research Institute, Gurgaon

Location: Gurgaon

Area of Work: Clinical Intern

Main Tasks:

- Observation of different cases
- Attending workshops like Hypnotherapy, Art Therapy, Film Analysis
- Introduction to MSE, Case History Taking
- Introduction to TAT and MISIC test

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## VI. Facilitated Workshops and Trainings

<i>August 2018</i>	Session on “Mindfulness Training” organized by the department of Clinical Psychology, Christ University, Bangalore
<i>October 2017</i>	Webinar on “Influence on Addiction and Mental Health in the LGBT Population” organized by National Association of Alcoholism and Drug Abuse Counsellors (NAADAC).
<i>October 2017</i>	Webinar on “Putting the FUN back in FUNCTIONal Routines” organized by Star Autism Support and Edweb.
<i>September 2017</i>	Webinar on “Building a Belief System for Social and Emotional Success of Struggling Readers” organized by Edweb and Learning Ally.
<i>September 2017</i>	Workshop on “Behaviour Therapy” organized by Karma Centre for Wellbeing, New Delhi.
<i>September 2017</i>	Workshop on IQ Assessment organized by Karma Centre for Wellbeing, New Delhi.
<i>September 2017</i>	Workshop on LGBTQ and Sexuality organized by Karma Centre for Wellbeing, New Delhi
<i>July 2017</i>	Workshop on ADHD in Schools organized by Department of Psychology, Sir Gangaram Hospital, New Delhi.
<i>June 2017</i>	Workshop on Compassion Focused Therapy organized by VIMHANS, New Delhi.
<i>June 2017</i>	Workshop on Clinical Case Formulation organized by VIMHANS, New Delhi
<i>June 2017</i>	Workshop on Substance Abuse Disorder organized by VIMHANS, New Delhi.

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## **VII. Volunteer Work**

*July 2018 – September 2016*

Job Title: Volunteer

Company: Child Rights and You

Industry: Social Service

Location: Bangalore

Area of Work: Field Work

Main Tasks: Introducing different techniques of drama to help students learn and understand concepts.

## **VIII. Professional Skills and Expertise**

Computer Skills: Microsoft Word, Microsoft Excel, Microsoft PowerPoint.

## **IX. Languages**

Bengali (Native), Hindi, English



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