



PROFILE

I am a Clinical Psychologist (M.Phil.). I have extensive experience in different schools of psychotherapy, psychological assessments, psychoeducation and mental-health counselling of people in clinical as well as non-clinical settings, along with as hands-on experience of working with institutionalized, under-privileged children, in-patient ward experience of working with clinical population (substance-use, psychotic and neurotic spectrum). I am equipped with both quantitative and qualitative research experience in the field of psychology, doing case studies along with good academic reading and writing skills.

CONTACT

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HONORS & AWARDS

- Research Paper Presentation at IACP at SGT University, 2023
- Academic Merit Scholarship - 4th Semester of MA in Psychology
- Academic Merit Scholarship - 2nd Semester of MA in Psychology
- Academic Merit Scholarship - 1st Semester of MA in Psychology

TECHNICAL SKILLS

- Taking detailed case workups
- Conducting Psychological Assessments
- Various schools of psychotherapy
- Quantitative & Qualitative Research Work

ISHITA GOYAL

Clinical Psychologist (RCI accredited M.Phil.)

EDUCATION

M.Phil. in Clinical Psychology (Amity University, Noida)

2021 – 2023 (Result Awaited)

MA in Psychology (Ambedkar University Delhi)

2018-2020

BA (H) in English (Hans Raj College, Delhi University)

2015-2018

WORK EXPERIENCE

1) Perfect Mind Clinic, Patel Nagar, Delhi (Trainee Clinical Psychologist)

(December 2021-February 2022), (March 2023-Present)

Substance Use Disorders · Grief Counseling · Acceptance & Commitment Therapy · Psychotherapy · Cognitive Behavioral Therapy (CBT) · Dialectical Behavior Therapy (DBT) · Behavior Modification · Psychological Assessment. Neuropsychological cases

2) Air Force Central Medical Establishment (Trainee Clinical Psychologist)

(September 2022-February 2023)

Military Psychology, Grief Counseling · Acceptance & Commitment Therapy · Psychoanalysis · Cognitive Behavioral Therapy (CBT) · Applied Behavior Analysis · Dialectical Behavior Therapy (DBT) · Behavior Modification

3) Punah: Santulan Aarunya (Trainee Clinical Psychologist)

June 2022-August 2022

Mental Health Counseling · Substance Use Disorders · Psychotherapy · Psychological Assessment

4) National Institute for Empowerment of Persons with Multiple Disabilities (Trainee Clinical Psychologist)

(September 2021-November 2021, March 2022 to May 2022)

Disability Management · Learning Disabilities · Developmental Disabilities · Intellectual Disabilities

5) Khadija National Hospital with Dr. SA Basir (MBBS, DPM Psychiatry) – India (Psychology Intern)

(March 2019 to August 2019)

Psychoeducation and Counselling

6) Salaam Balak Trust (Psychology Intern)

(May 2019-July 2019)

(Worked at Mobile Schools for underprivileged children from Seelampur, Shastri Park and Tis Hazari Boys Home. Regular engagements and counselling of children was done along with providing them education. 3 in-depth case studies of children were also conducted under the supervision of Dr. Neetu Rana at Ambedkar University Delhi.)

RESEARCH AREAS

- 1) Conducted **quantitative research** on the role of systemizing, empathizing and coping modes upon interpersonal problems and symptom severity in individuals with OCD.
- 2) Conducted **qualitative research** with young adults to explore their experiences of body-image, body-work and self-building through the technique of Foucauldian Discourse Analysis.