

CONTACT

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OBJECTIVE

Clinical psychologist seeking to work in an organization which provides optimal opportunities to utilize Education and Training. Skilled in providing Psychological assessment, Psychotherapeutic interventions and content development in the field of psychology.

EDUCATION

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|-----------|--|
| 2014-2017 | <ul style="list-style-type: none">• University of Delhi
BA (hons) Psychology
First Division |
| 2017-2019 | <ul style="list-style-type: none">• Gautam Buddha University, Noida
Masters in Applied Psychology
First division with distinction |
| 2019-2020 | <ul style="list-style-type: none">• Jamia millia , New Delhi
Post Graduate Diploma in Guidance and counselling
First Division |
| 2020-2022 | <ul style="list-style-type: none">• Institute of Mental Health and Hospital, Agra
MPhil in clinical Psychology (RCI Recognized) |

SKILLS

- Active listening and strong communication skills
- Screening and Diagnosis
- Psychological Testing (IQ, educational assessment, Neurodevelopmental assessment, Neuropsychological assessment, Personality assessment, Court ordered cases)
- Psychotherapy (CBT, DBT, CDT, MET, Behavior Analysis and modifications, mindfulness based interventions)
- Facilitate workshops/seminars
- Training and Research

EXPERIENCE

- | | |
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| 1/5/2023 - Present | <ul style="list-style-type: none">• Academic Trainer
CounselIndia
- Conducting sessions for different courses in Child and Clinical psychology which includes Role plays, case studies and researches
- Record progress and development |
| 01/01/2023 - Present | <ul style="list-style-type: none">• Consultant Clinical Psychologist
Healthy Minds Healthy Lives
- Psychological assessments and reporting for children and adults
- Psychotherapy for individuals with different needs.
- supervision and support for interns enrolled in the internship programme |
| 18/11/2020 - 18/11/2022 | <ul style="list-style-type: none">• Clinical psychologist (in-training)
Institute of Mental Health and Hospital, Agra
- Administered various Psychological tests and conducted psycho-diagnostic evaluation
- Psychological assessment and detailed Reporting for medico-legal cases as well as disability certification for children and adults under supervision |

-Individual and Group Psychotherapy as part of psychological interventions
- involvement in Community outreach programs

3/2/2018 -
28/04/2018

- **Clinical Psychology Intern**
De-Addiction center and psychiatry department, Lady Hardinge Medical College
Case History and MSE's, Analysis of cases, conducting psychological tests and taking counselling sessions

27/01/2018 -
2/2/2018

- **Psychologist**
Conscious Mind solutions
Short term project which included screening and psychological profiling through assessment at National Security Guard (NSG, Manesar for recruitment of their commandos and other higher-ranking officers)

12/7/2017 -
31/7/2017

- **Child psychology Intern**
National Institute of public cooperation and child development
Worked in the child and adolescence guidance department. Major responsibilities included observations during play therapy sessions, educational assessments, detailed case history taking and assessment of adaptive behavior

29/11/2016 -
15/03/2017

- **Clinical psychology intern**
Department of Psychiatry, Moolchand Hospital
Taking case histories, Discussion of cases, psychological assessment and observation of therapeutic sessions for adults and children. Simultaneously, Worked with Expressions India in organizing national level programs and workshops for schools (students and teachers) in Delhi. attended various workshops organized by Moolchand Medcity under the guidance of Dr. jitendra Nagpal

ACTIVITIES

- President "Theatre Society," MSCW, University of Delhi- 2015
- Participated as Student Organizing Head in the national Conference on "perspectives of successful ageing" at MSCW, University of Delhi- 2016
- WCF Fellowship at Art of living. Team leader for the logistics department - 2016
- Participated in the 44th NACIACP conference as speaker for conducting scientific sessions- 2018
- Attended pre conference Workshop on "Neuropsychology and Biofeedback" At 44th NACIACP conference- 2018
- Attended national workshop on "Applications of cognitive drill therapy and Hypnosis" Organized by IAHP and University of Rajasthan- 2018
- Attended Workshop on " Emerging challenges in Depression and Suicide" Organized by Institute of child development and adolescent health, Moolchand Medcity- 2019
- Attended Workshop on " Cognitive behavioral therapy with special focus on childhood mental health disorders" Organized by Institute of child development and adolescent health, Moolchand Medcity- 2019
- Organized and attended the Workshop on "IPSRT and Hypnotherapy" At Institute of mental health and hospital, Agra - 2022
- Facilitated workshop on "Issues and challenges in mental health, with special focus at Institute of mental health and hospital, Agra" With National human rights Commission- 2022
- Guest speaker for a workshop on "Cognitive behavior therapy and Rational emotive behavior therapy " With a private organization 'Psychthere'- 2023

LANGUAGES

- English and Hindi

RESEARCH

- MA Dissertation (2019)

Title: Quality of life and Psychological Well-being of parents of children with Autism spectrum disorder

- Mphil Clinical psychology Dissertation (2022)
Title: Psychiatric Morbidity, Resilience and Caregiver Burden in primary caregivers of patients with Schizophrenia and OCD