

Career Summary

An M.Phil. Clinical Psychology Trainee with over 4+ years of diverse internship experience in hospital settings and government organizations. My therapeutic approach integrates Cognitive Behavior Therapy (CBT), Humanistic Psychotherapy, and Eclectic methods, allowing me to adapt and tailor interventions to meet the unique needs of each individual. I aim to create a safe space by providing a non-judgmental and supportive environment to the clients. I believe in supporting people through self-exploration, helping them connect with their inner strengths, and fostering meaningful personal growth in life.

TECHNICAL SKILLS PROFESSIONAL SKILLS

Photo & Video Editing | Microsoft Office | IBM SPSS | Canva Psychological Assessment | Psychotherapy | Case Formulation

PROFESSIONAL EXPERIENCE

MPHIL CLINICAL PSYCHOLOGY TRAINEE | PGIBAMS |Raipur, Chhattisgarh September 2023 – Present

- Conducted comprehensive psychological assessments for diagnostic and treatment purposes, such as the Rorschach Inkblot Test, MCMI-III, TAT, PGI-BBD, MISIC, and NIEPID Indian Test for Intelligence.
- Implemented individualized psychotherapy plans for clients with depression, anxiety, ocd, phobias, adjustment disorders, & personality disorders and also delivered child-focused interventions including behavioural techniques and parental skills training tailored to developmental and emotional needs.
- Applied evidence-based therapies such as CBT, ACT, and DBT; facilitated group therapy for patients with schizophrenia using mindfulness and art-based approaches to support emotional expression and engagement.
- Conducted an original clinical research study on the effectiveness of Solution-Focused Brief Therapy in improving symptom severity, quality of life, and distress tolerance in individuals with depression.

PSYCHOLOGIST | PHERO, Project | Faridabad District Jail May 2022 – August 2022

- Provided individual counselling and psychological support to inmates at Faridabad District Jail.
- Facilitated enrolment of inmates in recreational and rehabilitative activities within the facility.
- Expressed empathy and connection through poetry and creative engagement.
- Received recommendation letters from the Jail Superintendent and PHERO (project organizer)

CLINICAL PSYCHOLOGY INTERN 2018 – 2021

IHBAS | Amarjyoti Rehabilitation Centre | NIEPID | Khwahishein Foundation | Mental Health Care Centre | Psymann |Raindrop Foundation

- Developed key skills in case history taking, therapeutic communication, and basic counselling techniques.
- Gained hands-on clinical experience across diverse settings including child clinics, primary schools, and disability centres.
- Worked with varied populations, enhancing adaptability and sensitivity to individual psychological needs.
- Strengthened foundational understanding of psychological assessment and intervention across developmental stages.

EDUCATION

MPHIL | Clinical Psychology | PGIBAMS, Raipur | 2023 – 2025
BA & MA DEGREE | Clinical Psychology | Amity University, Noida | CGPA: 8.66 2017 – 2022

INTERESTS

Dramatics | Poem and Story Writing | Watercolor painting | Reading Books

CERTIFICATES

NEIPID Intelligence Test CRE Program | PGIBAMS, Raipur May, 2025
50TH NACIACP: Paper Presentation Certificate | Sri Aurobindo University, Indore Feb, 2024
Certificate Course in Trauma Informed Counselling, | Cognizavest, ICPEM. Oct, 2021