



# Astha Singh

Counseling Psychologist

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## ABOUT ME

Hii, I'm Astha Singh, Aspiring psychologist with a multidisciplinary approach to understand human behaviour. Driven by curiosity for memory, attachment theories, learning theories, abnormal psychology, Psychotherapy and intersection of mind and society.

## SKILLS

- Psychological Assessment (MMPI, WAIS, TAT)
- Diagnostic Competences
- Therapeutic techniques
- Research and Analytical knowledge (Behavioral Analysis, Report Writing, Data Interpretation, Ethical Practices, Multidisciplinary Collaboration).

## LANGUAGES

ENGLISH

HINDI

## WORK EXPERIENCE

**Nur Manzil Psychiatry hospital Lucknow Sep18 to Oct 18 2023**

CP Intern

- Conduct intake interview and assisted in psychological evaluation for clients with anxiety, depression, maniac, bipolar, schizophrenia, PTSD.

**King George Medical College Lucknow 8 April 2024 to 8 May 2024**

CP Intern

- Co-facilitated therapy sessions using CBT and supportive counseling techniques under supervision with case notes.

## EDUCATION

**Bachelor In Arts (English Honours) 2016-2019**

Veer Bahadur Purvanchal University

- Gained in depth exposure to literature, critical analysis, cultural studies across classical and contemporary texts.

**Masters in Arts (Clinical Psychology) 2022-2024**

Indira Gandhi National University, Delhi

- Advance training in psychological assessment, diagnosis, and therapeutic intervention, gained hands-on experience through supervision.

## REFERENCES

**DR. RAKESH KUMAR TRIPATHI**

Professor in Geriatric mental health KGMU

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