

ANKITA RANJAN

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Psychotherapist with a deep commitment to supporting individuals in navigating their inner experiences with compassion, insight, and clarity. I specialize in creating a safe, non-judgmental therapeutic space where clients can explore their thoughts, emotions, and behaviors. Drawing from evidence-based modalities such as ACT, CBT, and mindfulness-based approaches, I work collaboratively to enhance self-awareness, build resilience, and facilitate meaningful, lasting change. Dedicated to helping individuals lead more authentic and fulfilling lives through empathetic and ethical care.

EXPERIENCE

AUGUST 2023-JUNE 2025 (COMPLETED)

M.PHIL IN CLINICAL PSYCHOLOGY, AMITY UNIVERSITY LUCKNOW (RCI AFFILIATED)

Completed rigorous two-year supervised clinical training as per RCI guidelines.

Provided psychotherapy, psychological assessments, and diagnostic services to clients across diverse age groups and psychiatric conditions.

Specialized in Acceptance and Commitment Therapy (ACT) through thesis work with acid attack survivors.

Gained extensive experience in case history taking, MSE, psychometric testing for children and adults (projective and objective), case formulation, and individualized treatment planning.

Worked in multidisciplinary teams across psychiatric wards, OPDs, and community settings.

3 MARCH 2023 – 20 AUGUST 2023

CONSULTANT PSYCHOLOGIST, AMAHA (FORMERLY KNOWN AS INNERHOUR)

Provided online mental health support through structured coach calls, focusing on client engagement, motivation, and goal-setting.

Delivered psychoeducation on emotional regulation, anxiety, depression, and stress management using evidence-based frameworks.

Conducted individual therapy sessions, incorporating CBT, ACT, and mindfulness-based techniques tailored to client needs.

Collaborated with multidisciplinary teams to ensure continuity of care and timely referrals.

Maintained detailed clinical documentation and followed ethical standards in tele-mental health delivery.

22 JUNE 2022 – 30 SEPTEMBER 2022

PSYCHOLOGIST/CASE MANAGER, ATHENA BEHAVIORAL HEALTH

Diagnosis and psychotherapeutic intervention of drug de-addiction patients as well as mental health patients. Individually managing cases by taking case histories and MSEs, administering assessments, diagnosing and formulating treatment plans, and taking individual sessions.

20 JULY 2021 -20 AUGUST 2021

CLINICAL PSYCHOLOGY INTERN, MOOLCHAND MEDICITY

Conducting case histories and taking mental status examinations, diagnosing mental disorders, creating intervention programs, providing psycho-education to family members.

11 NOVEMBER 2020 – 3 DECEMBER 2020 (30 HOURS)

INTERN, POSITIVE INSIGHT – CENTER FOR PSYCHOLOGICAL WELLBEING

Case histories and mental status examination. Learning to deal with ethical issues that arise during sessions. Psychotherapies across disorders. Assessment across disorders. Role plays.

11 MARCH 2020 – 42 HOURS

INTERN, UNIQUE INSTITUTE OF BEHAVIORAL SCIENCES (UIBS)

Case histories, mental status examinations, diagnosing mental disorders, do's and don't's of psychotherapy, and role-plays.

15 JUNE 2019 – 15 JULY 2019

INTERN, MOOLCHAND MEDICITY

Taking case histories and mental status examinations of clients.

Observing special education sessions of ADHD, Learning Disabilities, Autism.

Sessions of psychological testing, occupational therapy and speech therapy were observed.

EDUCATION

AUGUST 2023-JUNE 2025

M.PHIL IN CLINICAL PSYCHOLOGY, AMITY UNIVERSITY LUCKNOW

GPA: 7.79 FIRST YEAR

SEPTEMBER 2020 – JUNE 2022

POSTGRADUATE, MANIPAL UNIVERSITY JAIPUR | MSC IN CLINICAL PSYCHOLOGY

GPA: 9.55 AGGEGRATE OF 4 SEMESTERS

JULY 2017 - 2020

UNDERGRADUATE, UNIVERSITY OF DELHI | B.A (HONS) APPLIED PSYCHOLOGY

GRAND GPA OF 7.081, DIVISION – FIRST

MAY 2017

SENIOR SECONDARY, MANAVA BHARATI INDIA INTERNATIONAL SCHOOL, PANCHSHEEL PARK

ARTS STUDENT WITH A BEST OF FOUR OF 90.75 IN CBSE BOARD EXAMINATION 2016-17

SKILLS

Psychotherapy (CBT, ACT, Mindfulness)	Research Design & Thesis Writing	Ethical and Confidential Practice
Psychoeducation & Mental Health Coaching	Qualitative & Quantitative Data Analysis	Client Documentation & Case Reporting
Psychological Assessment (Projective & Objective)	SPSS, Basic Statistics	Teletherapy & Digital Mental Health
Case Formulation & Treatment Planning	Report Writing & Academic Presentation	Client Engagement & Rapport Building
Mental Status Examination (MSE)	Literature Review & Thematic Analysis	Team Collaboration & Multidisciplinary Work