

AAKANSHA KHOYDAWAL

CLINICAL PSYCHOLOGIST (RCI REGISTERED)

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Compassionate and dedicated Clinical Psychologist with extensive training in individual and group therapy. Proficient in conducting psychological assessment and developing treatment plans. Skilled in utilizing cognitive- behavioural techniques and expressive art therapy to support diverse populations. Committed to fostering a supportive environment to promote mental health and well-being. **Seeking a position as a Clinical Psychologist to utilize expertise in therapy and psychological assessment.**

SKILLS

- Problem Solving
- Management and Decision making
- Critical Thinking
- Team Work and Communication
- Leadership Skills
- Active Listening
- Clinical Assessment
- Crisis Intervention
- Treatment Planning and Case Management
- Research and Data Analysis
- Group Therapy Facilitation

EXPERIENCE



NOVEMBER 2022 – SEPTEMBER 2024
CLINICAL PSYCHOLOGIST TRAINEE, NIPVED, DEHRADUN

I worked closely with experienced psychologists, enhancing my understanding of psychological assessments, treatment planning, and therapeutic interventions. This experience strengthened my ability to provide compassionate and effective support to clients facing diverse mental health challenges.

- Delivered individual and group therapy to diverse client populations.
- Conducted thorough psychological or neurological assessments prior to treatment.
- Implemented treatments that decreased mental health issues and rehabilitation barriers.
- Utilized empathy and a strong attention to detail.
- Conducted psychological testing to diagnose mental health disorders and prescribe appropriate treatments
- Facilitated support groups for clients with similar challenges to share experiences and provide mutual support

OCTOBER 2023 – NOVEMBER 2023
GOVERNMENT MENTAL HOSPITAL , SELAQUI , DEHRADUN

- Managed cases in the inpatient department (IPD), enhancing diagnostic and therapeutic skills in a hospital setting.
- Conducted clinical assessment under the supervision

EDUCATION

2022-2024

M.PHIL IN CLINICAL PSYCHOLOGY, Department of Clinical and Rehabilitation Psychology and Research, National Institute for the Empowerment of Persons with Visual Disabilities (NIEPVD), Dehradun

Completed M.Phil. in Clinical Psychology from the Department of Clinical and Rehabilitation Psychology and Research at the National Institute for the Empowerment of Persons with Visual Disabilities (NIPVED), Dehradun, with results pending. This program included rigorous practical training, extensive OPD duties, and the submission of thesis. My hands-on experience in clinical settings and focus on real-world applications have equipped me with the skills and knowledge to effectively support individuals with visual disabilities and various mental illnesses.

2020-2022

MASTER'S IN CLINICAL PSYCHOLOGY, UNIVERSITY OF PATANJALI, HARIDWAR

Earned a Master's degree in Clinical Psychology from University of Patanjali, achieving a final percentage of 82. My academic journey has provided me with an in-depth understanding of diverse psychological theories and advanced therapeutic practices, empowering me to proficiently diagnose and treat a wide array of mental health conditions. I am passionate about leveraging my expertise to make a significant impact in the field of psychology.

2017-2020

BACHELOR'S IN APPLIED PSYCHOLOGY, UNIVERSITY OF DELHI

Graduated from Delhi University with a degree in Applied Psychology, a hands-on and practical course, achieving a commendable 65% score. This program provided extensive practical experience and a solid foundation in applying psychological principles to real-world situations. Through this coursework, I developed strong analytical and problem-solving skills, equipping me to address diverse psychological challenges effectively.

2017

CLASS 12TH, KENDRIYA VIDHYALAYA, RANI BAGH, NEW DELHI

Completed schooling under the CBSE board with a focus on humanities (Geography, Economics, and History) as my main subjects, achieving a notable 82% in the 12th standard. My academic performance reflects my dedication and ability to excel in challenging subjects.

WORKSHOP AND CONFERENCES

Expressive art therapy, Delhi June 2020 - June 2020

Expressive Art Therapy Internship, Fortis healthcare limited. (02-June-04 June,2020). Engaged in specialized program focusing on the therapeutic use of arts for mental health.

National Annual Conference, Dehradun June 2024 - July 2024

Participated in the 3rd National Annual Conference of the Society of Addiction Psychology: "Breaking the chains: Innovative approaches in addiction psychology" (21 June- 2 June,2024).

Mind Tribe Healthcare Pvt. Ltd., 07 Sep, 2024

Attended the workshop on "Living with Anxiety" Conducted by Mind Tribe Healthcare (07 Sep, 2024)

National Conference RCI-CRE, Dehradun, 10th Sep, 2024

Participated in the one day National Conference : "Addressing student Suicides in High-Pressure Coaching Centres: Prevention and Intervention"

PERSONAL DETAILS

- Father's Name: Manoj Kumar
- Date of birth: 16 may 1999
- Gender: Female
- Nationality: Indian
- Hobbies: Travelling,, Spending time in nature provides relaxation and introspection, Exploring
- Languages known: English and Hindi

