RASHI SINGH

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**OBJECTIVE**

* To provide individual and family psychotherapy to all-aged patients with various emotional and/or behavioral disorders.
* To develop and implement treatment plans and conduct comprehensive psychological evaluations.
* To monitor patients' progress and work closely with other professionals to increase the quality and efficiency of treatment.
* To educate patients and their family members on disorders and treatment options.
* To attend various academic/non- academic conferences.

# EDUCATION:

* High School:: 2004
* Bachelors :C.C.S University : 2004-2007
* Master of Clinical Psychology: Dev Sanskriti University, Haridwar: 2008-2010
* Pursuing Ph.D Psychology : Amity University: 2021
* 12 years of experience as a Psychologist

# ABOUT ME:

A highly skilled, compassionate, empathetic, and solutions-oriented professional dedicated to provide exceptional care and implementing effective treatment plans for children with behavioural issues, adolescents & adults with anxiety, depression, personality disorders, addiction disorder and experiencing or exposed to any psychiatric disorder. Effective motivator, communicator, and advocate with inherent ability to manage all types of personalities, diffuses stressful situations, proactively resolves issues, overcome challenges to meet the desired objectives. Innate ability to establish rapport quickly, builds trust, interact and relate to individuals on all levels.

# CORE COMPETENCES:

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| --- | --- | --- |
| Interpersonal  Relationships | Assessment of  problems | Overall Evaluation |
| Intervention | Consolation | Research |
| Ethical consideration | Problem solving  attitude | Emotional stability |

**WORK EXPERIENCE:**

**TULASI HEALTHCARE, IPD** (March 2012 – January 2022)

Gurgaon -

***Senior Psychologist***

* Completed required documentation and reports for compliance and treatment planning.
* Diagnosis & evaluation of cognitive emotional and behavioural problems by using detailed case work up.
* Formulation and planning of psychological intervention and psycho social rehabilitation by using different approarch.
* Conduct individual psychotherapy sessions and family therapy sessions.

# Language- Hindi & English

# KEY SKILLS

* + Anxiety Management Training.
  + Behavior Modification.
  + Behaviour Therapy with Children
  + Social Skills Training.
  + Anger Managment.
  + Stress Management related to Studies & Career.
  + Therapy in PTSD.
  + Psychotherapy in Post Partum Depression, Anxiety & Psychosis.
  + Cognitive Behavioural Therapy.
  + Dialectical Behavioural Therapy in Personality Disorders.
  + Exposure and Response Prevention Therapy OCD.
  + Biofeedback Training.
  + Specialization in treating- Anxiety and Panic disorders, Depression, Somatic symptoms, ADHD, Autism, Conduct disorder.
  + Psychological Assessment- Tests of cognitive functions, Tests for diagnostic clarification, Tests for adjustment and personality assessment, Rating scales for

Addiction, eating disorder, psychosis and various other psychological disorders.

* **OPD**

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* Psychologist at Mindful Centre for Mental Health from 2022 to January 2024.
* Online Psychotherapist at Emoneeds from 2022 February to December 2023.
* Consultant Psychologist at Harmony mind and body clinic from October 2019 till 2021 November.
* Psychologist at Ehsaas Comprehensive Psychiatric Centre from April 2017 to October 2019.

# TRAINING

* Eight months training experience as a Psychologist at Doon

Psychotherapeutic Child Clinic Dehradoon 2011.

* One month internship in VIMHANHS New Delhi.
* One years experience as Trainee Psychologist in OPD and IPD of dev sanskriti university Hardwar 2009-2010.

* Two months experience internship at Khushi foundation Lucknow 2010.
* Attended orientation training programme in clinical psychology in Institute of Mental Health & Hospital, Agra 2009.

# RESPONSIBILITIES

* Improve diagnostic or therapeutic techniques through detail case history & rating scales assessment.
* Conducted mental/behavioral assessment of client to identify a psychological problem.
* Employed the use of interviews, surveys, psychometric, and diagnostic tests in obtaining information about clients and the possible source of their distress.
* Organized counseling/therapy sessions for clients during which I listen and interact with them to solve their issues.
* Clients were trained to use therapeutic techniques which can be implemented to change their behavior and to cope with psychological problems.
* Maintained records of client's personal data and treatment information.
* Tracked the treatment plan as well as the psychological progress.
* Conducted various workshop for Delhi police.
* Conducted internship program for the students of graduation and masters.
* Conducted mental health awareness programs in schools.
* Organized Psychoeducative sessions about various disorders for Families.

**RESEARCH WORK**

* Presented a research paper on “ Value Based Education”.
* Published a paper on “ Mindful Traveling: An Emerging Trend By

Blending Mental Wellness With Tourism”.

**Rashi Singh**

**Counselling Psychologist**

**New Delhi**