

SEERAT JUNEJA

Psychologist

ABOUT ME

Dedicated psychologist currently pursuing MPhil in Clinical Psychology (RCI, 2023–2025), with a strong foundation in assessment, diagnosis, and therapy. Experienced across reputed institutions like Command Hospital, Nur Manzil, Nirvan Hospital, and others. Skilled in CBT, psychodynamic therapy, and crisis intervention, committed to evidence-based, compassionate mental health care.

WORK EXPERIENCE

MPhil Clinical Psychology

Aug 2023– Present

- ▶ Currently pursuing M.Phil. in Clinical Psychology (RCI-recognized), posted at reputed hospitals in Lucknow including Command Central Hospital, Nur Manzil Psychiatric Centre, Umeed Rehabilitation Centre, Nirvan Hospital, and Asha School. Engaged in psychodiagnostics assessments, psychotherapy sessions, case history taking, mental status examinations, report writing, and evidence-based interventions under supervision.

Consultant Psychologist & Psychotherapist- Pysmate Healthcare, Noida

September 2022– September 2024

Provided psychotherapy and psychological consultations to clients presenting with anxiety, depression, OCD, relationship issues, and other emotional concerns. Delivered structured CBT, mindfulness, and eclectic interventions in individual and couples settings. Handled documentation, session planning, and collaborative care with psychiatrists.

EAP Counsellor– Santulan

6 months Internship

- ▶ Offered brief counselling interventions as part of Employee Assistance Programs. Addressed workplace stress, burnout, and adjustment issues while maintaining confidentiality and professional ethics.

▶ MSc Clinical Psychology

2022–2024

Completed MSc in Clinical Psychology with diverse clinical internships. Strong in assessments and diagnostics. Held leadership role in college Art & Literature Committee, showcasing organizational and extracurricular excellence.

▶ Clinical Psychology Internships

Various Clinical Psychology Internships throughout career: B.L. Kapur Memorial Hospital, Delhi; Lady Hardinge Medical College and SSK Hospital; Moolchand Hospital, Delhi; Amar Jyoti Charitable Trust, Delhi; Ashman Foundation; Maria School, Jaspur and Kalike – A Learning Foundation, Karnataka.



EDUCATION

MPhil Clinical Psychology (RCI)

Amity University, Lucknow
2023–2025

MSc Clinical Psychology

Christ University, Delhi
2022–2024

BA (Prog) Psychology & Literature

Daulat Ram College, Delhi
University
2016–2019

CONTACT

📞 9899946506

✉ seerattuneja.cp@gmail.com

📍 Indrapuram, Ghaziabad

PROJECTS & PAPER

- ▶ Presented research paper titled “A Review Paper on Anxiety, Cognitive Distortions and Emotional Dysregulation among Healthcare Trainees” at International Conference on Community Health: An integrative Approach organized by Amity University, Lucknow Campus (February 2025)
- ▶ Won **Best Paper Award** for case study titled “Effectiveness of Meta Cognitive Therapy on Anxiety and Depression in a Young Adult: A case Study” at 6th International Conference organized by RCI and IMHRC (October, 2024)
- ▶ Presented research paper titled “Usage of Online Dating Apps by Females in India: Uncovering the Risks & Benefits” in National conference organized by University of Delhi (April, 2024)

CERTIFICATION

- ▶ Online Credit Course from University at Buffalo & The State University of New York (2020)
- ▶ Post Graduate Diploma in Counselling & Family Therapy from IGNOU (2020)