



# TRIPT KAUR PURI

## CONTACT DETAILS

Clinical Psychologist

 H2/58, Vikas Puri, New Delhi-110018

 9877545485

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## SUMMARY

Expertise in providing direct clinical services including individual, group, couples, and/or family therapy, crisis intervention to adults and/or children and adolescents, and psychological assessments and evaluations in a wide variety of diverse settings.

## SKILLS

- Clinical quality program standards
- Sensitive and effective communication skills
- Process implementation.
- Case documentation
- Client assessment and analysis.
- Time management
- Facilitating counselling session Building rapport
- Psychological assessment cognitive, personality, psychotherapy.
- Supervision; training of interns, psychological report writing clinical documentation, consultation.

## Work Experience

- MindCare Neuropsychiatry And Deaddiction clinic: ( December, 2023 -December, 2024).
- Currently working as Consultant Clinical Psychologist in Innovation Educational Welfare Society under Director of Education. (Since January, 2025).

## APPRENTICESHIP

- **Lady Harding Medical College and Hospital** (September 2021- December 2021).
  - Taken Clinical case histories.
  - Documented, Organized, and Managed client records.
  - Provided psychodiagnostics assessment for both inpatients and outpatients. (Severity scales of depression and anxiety, personality assessment, projective and semi projective assessments).

- **National Institute for The Empowerment of Persons with The Intellectual Disabilities** (January 2022- March 2022).
  - Taken Clinical case histories.
  - Documented, organized, and managed client records.
  - Provided comprehensive assessments for academic, attention, and learning disorder concerns.
  - Conducted a psychological evaluation and testing for individuals across the lifespan with various Developmental Disabilities.
  - Administered, evaluated and interpreted psychological assessments such as Stanford Binet's test of intelligence (any vernacular version), Raven's test of intelligence (all forms), Bhatia's battery of intelligence tests, Wechsler adult performance intelligence scale, Malin's intelligence scale for children, Sentence completion test, Thematic apperception test, Children's apperception test, Vineland social maturity scale, Developmental Screening Test, Binet Kulshrestha Test, Specific Learning Disability assessment.
  
- **CIMBS – Delhi Psychiatry Centre** (March 2022- May 2022).
  - Taken Clinical case histories.
  - Documented, organized, and managed client records.
  - Provided detailed case presentations to colleagues and board members.
  - Administered, evaluated, and interpreted psychological assessments such as Malin's intelligence scale for children, Neuro psychological battery, Thematic apperception test, Rorschach psychodiagnostics, Self-rated and observer-rated scales of different clinical conditions such as anxiety, depression, mania, OCD, phobia, panic disorder etc. (including Y-BOCS, BDI, STAI, HADS, HARS, PANSS, BPRS)
  - Diagnosed, treated patients with mental, emotional, and behavioural disorders. Administered and interpreted intelligence, personality, and neuropsychological tests, providing written reports to referral sources. Formulated, maintained, and updated individual treatment plans in an inpatient and outpatient setting.
  - Participated in the Intensive In-patient activities and programs & Families Support Group Programs.
  
- **Disha Neuropsychiatry Centre** (June 2022- August 2022).
  - Taken Clinical case histories
  - Documented, organized, and managed client records
  - Administered, evaluated, and interpreted psychological assessments such as Wechsler memory scales, PGI memory scale, Thematic apperception test, Rorschach psychodiagnostics. Self-rated and observer-rated scales of different clinical conditions such as anxiety, depression, mania, OCD, phobia, panic disorder etc. (including Y-BOCS, BDI, STAI, HADS, HARS, PANSS, BPRS)
  - Intervention in youth, including, socialization and interpersonal relationships, academic performance, identity construction Intervention with adults in various life contexts, bereavement, depression, phobias, and anxiety.
  
- **The Happy Tree - De-Addiction and Mental Health Hospital.** (September 2022- August 2023).

- Taken Clinical case histories
- Documented, organized, and managed client records
- Maintained confidential records related to individual patient treatment.
- Served as a senior resident consultant to inpatient and outpatient psychiatric and substance abuse treatment.
- Provide psychodiagnostics assessment for outpatient clients, academic, attention, and learning disorder concerns (Severity scales of depression and anxiety, personality assessment, projective and semi projective assessments).
- Disseminated psychoeducation in community settings on a variety of topics.
- Practised Couple and sex therapy, individual, child and family psychotherapy, dialectical behavior therapy, problem-solving therapy, mindfulness based cognitive therapy, behavioural therapy, biofeedback, eye-movement desensitization
- Provided individual and couples psychotherapy to young children, adolescents, young adults, and older adults in a multidisciplinary/private-practice
- Provided individual, family, and group therapy and conducted a psychological evaluation or Developmental Disability , diagnosis and co-morbid mental health diagnosis, including treatment of Autism Spectrum Disorders, ADHD, Paediatric and Adult OCD, Mood fluctuations, psychosis, schizophrenia, trauma-based symptomatology, postpartum PTSD , mood disorders, adjustment issues, relationship problems, family origin concerns, body image, autonomy concerns, socialization and interpersonal relationships, academic performance, identity construction Intervention with adults in various life contexts, bereavement, divorce, single parenthood, depression, psychosomatic disorders, phobias, and anxiety.

**Currently working in Mind Care Neuropsychiatry And Deaddiction Clinic since an year.**

### Education

- MPHIL (clinical psychology) (2021-2023) from Amity university, Noida result awaited.
- Professional diploma in guidance and counselling (2018-2019) from Jamia Milia Islamia secured first division.
- Masters in clinical psychology (2017-2019) from Chandigarh University secured first division.
- Bachelors of arts in psychology (2014-2017) from Mata Sundri college for women's, Delhi University secured second division.

### Internship

- Psychological -Academic-Learning Services (PALS for children and adult) in 2016 under Ms Deepali Batra, Senior clinical psychologist.
- Sri Ganga Ram Hospital and Saksham child and adolescent guidance clinic in 2018 under Dr Roma Kumar, senior consultant clinical psychologist.
- Punah : Santulan rebalancing life in 2019 under Dr Jyotsna Vanka, M.D.

### Additional Achievement

- Bagged 2nd position in state level powerlifting competition in year 2014.
- Bagged 1<sup>st</sup> position in presentation competition in year 2018 in Chandigarh University.

### Personal Information

- Date of birth: 27<sup>th</sup> September 1996
- Fathers Name: Parvinder Singh Puri  
(Retired lecturer, businessman, currently working with NDMC school, New Delhi)
- Mothers Name: Late Amarjeet Kaur Puri  
(Worked as Gazetted Officer in DRDO)
- Sister (Elder): Gunjan Kaur Puri  
(Teacher in Springdale's school)