

# VANSHIKA THUKRAL



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## CAREER OBJECTIVE

I am seeking a dynamic and growth-oriented position where I can apply my clinical psychology expertise within a progressive institution. My goal is to contribute meaningfully to the organisation's success through my knowledge, evidence-based practices, and innovative approaches to mental health care. I am deeply committed to achieving excellence in all aspects of my work, continually advancing my skills, and positively impacting the lives of those I serve.

## ACADEMIC QUALIFICATIONS

- **M.Phil. in Clinical Psychology** – Gautam Buddha University, Greater Noida  
2022-2024 (Results awaited, secured 1st position in 1st year)
- **M.Sc. in Psychology** – Jain University, Bengaluru  
2020-2022 (Distinction in all subjects)
- **M.Sc. Nursing in Psychiatry** – Jamia Hamdard, New Delhi  
2018-2020 (Gold Medallist, Rank 1 in all semesters)
- **B.Sc. (Hons) Nursing** – All India Institute of Medical Sciences, Rishikesh  
2013-2017
- **Intermediate** – Ramjas Public School, Day Boarding, New Delhi  
2013
- **Matriculation** – Ramjas Public School, Day Boarding, New Delhi  
2011

## KEY SKILLS

- **Clinical Assessment and Diagnosis:** Proficient in conducting psychological assessments, mental health evaluations, and diagnosing mental health conditions using standardised tools and techniques.
- **Therapeutic Interventions:** Expertise in providing evidence-based therapies, including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), and psychoanalytic approaches for various psychological disorders.
- **Psychometric Testing:** Skilled in administering, scoring, and interpreting psychometric tests, including personality assessments, IQ tests, and behavioural evaluations.
- **Crisis Intervention:** Experienced in handling mental health crises, including suicidal ideation, self-harm, and acute psychological distress, and providing immediate support and de-escalation strategies.
- **Client-Centred Care:** Strong focus on delivering person-centred, empathetic care and developing individualised treatment plans that cater to clients' unique needs.
- **Psychoeducation:** Skilled in educating clients and their families on mental health conditions, treatment options, coping mechanisms, and wellness strategies to promote understanding and recovery.
- **Research and Data Analysis:** Proficient in conducting psychological research, analysing data, and applying findings to improve clinical practice and patient outcomes.

- **Multidisciplinary Collaboration:** Excellent at working within interdisciplinary teams, collaborating with psychiatrists, social workers, and healthcare providers to deliver holistic mental health care.
- **Ethical Practice:** Strong adherence to ethical standards, confidentiality, and professional guidelines in clinical practice.
- **Communication and Rapport Building:** Effective in establishing therapeutic rapport with clients, utilising active listening, empathy, and non-judgmental communication to foster a safe and supportive environment.
- **Content Writing (Medical & Psychology):** Experienced in creating high-quality, research-based content for medical and psychology-related topics, including academic writing, patient education materials, and health blogs.

## PROFESSIONAL EXPERIENCE

- Clinical Psychology trainee at GBU OPD and Autism and Research Training Centre
- Clinical Psychology trainee at Government Institute of Medical Sciences, Greater Noida
- Clinical Psychology trainee at Shanti Homes Advanced De-addiction Centre
- Content writer at a private firm.
- Nurse Educator at All India Institute of Medical Sciences (AIIMS), Rishikesh  
*August 2017 - October 2018*
- Staff Nurse, Emergency Department  
*November 2018 - August 2019*

## PRACTICAL EXPOSURE & TRAINING

### GBU Clinical Psychology OPD

- Provided comprehensive psychological assessments and interventions for a diverse client population.
- Conducted individual and group therapy sessions addressing various mental health disorders such as anxiety, depression, and personality disorders.
- Applied evidence-based treatment techniques and worked collaboratively with a multidisciplinary team to provide holistic care to clients.

### Super Speciality Centre for Autism Research and Training (SCART)

- Specialised in the assessment and management of children and adolescents with autism spectrum disorders (ASD).
- Assisted in developing individualised intervention plans, incorporating behavioural and cognitive therapies to support clients' developmental and emotional needs.
- Collaborated with parents and caregivers, providing psychoeducation and training to improve communication and behaviour management strategies.

### Government Institute of Medical Sciences, Greater Noida (Psychiatry and Paediatrics)

- Worked in both psychiatry and paediatrics departments, providing psychotherapeutic interventions for children, adolescents, and adults.
- Conducted psychometric testing and diagnosis for various psychiatric and developmental disorders.
- Collaborated with a multidisciplinary team of psychiatrists, paediatricians, and other healthcare professionals to ensure integrated care for patients.

### Shanti Home (Deaddiction and Mental Health Centre)

- Worked with individuals struggling with substance abuse and mental health disorders in a de-addiction and rehabilitation setting.
- Facilitated individual and group therapy sessions focused on relapse prevention, cognitive restructuring, and emotional regulation.
- Provided psychoeducation and counselling to patients and their families, supporting long-term recovery and mental well-being.

Besides this,

- Participated in psychodrama on *World Suicide Prevention Day*, AIIMS Rishikesh
- Delegate in workshops on *Pregnancy and Labour* and *Bio-Statistics and Research Methodology* AIIMS Rishikesh, 2016-2017
- Organised community health programs, World Health Day, AIDS Day, and other health-related events
- Completed Basic Life Support training, AIIMS Rishikesh, 2018
- Trained in psychiatric nursing at VIMHANS-New Delhi, Dr RML Hospital, and Tulasi De-addiction Centre
- Conducted a mental health awareness camp at Jamia Hamdard for more than 10,000 students and faculty.

## DISSERTATION

- “*A Study to Assess the Psychosocial Problems Faced by Student Migrants Studying in a Selected University in New Delhi*”  
Jamia Hamdard, New Delhi
- “*A Study to Assess the Psychological Distress Faced by Married Women Experiencing Intimate Partner Violence*”  
Jain University, Bengaluru
- A study to assess “Role of Digital Emoting in Cathartic Release and Perceived Well-Being in Young Adults”.  
Gautam Buddha University, Greater Noida

## PUBLICATIONS

- “*The Impact of Migration on Psychosocial Well-being: A Study of Student Migrants in Resettlement State*”  
International Journal of Nursing & Midwifery Research
- “*Cine-seminar as a Means of Psychiatry Education*”  
Journal of Nursing and Occupational Health
- “*Mental Health Screening and Referral Camp*”  
Indian Journal of Youth and Adolescent Health
- I also authored the recently released book *Mind, Body, Medicine 2024* by Devyani Publishers.

## WORKSHOPS & CONFERENCES

- Part of the organising committee at the 7<sup>th</sup> International Conference of the Indian Academy of Health Psychology (ICIAP 2022).
- I attended a 1-week intensive training program on ‘Trauma-Release Exercise’ conducted by foreign-trained professionals during the 7<sup>th</sup> International Conference of the Indian Academy of Health Psychology (ICIAP 2022).
- As a participant, I attended the National Seminar on NEP 2020: Model Curriculum and Content in Psychology and prepared the report for publication.
- I was part of the organising committee for NABSCON 2024, conducted by the Department of Psychology and Mental Health in collaboration with Bakson Medical College.
- 3<sup>rd</sup> Indian Nursing Conference on Recent Advances in Nursing Education and Research, AIIMS, 2019
- International Conference on Neuro Sciences, AIIMS Rishikesh
- Inno HEALTH Conference, 4<sup>th</sup> Edition, 2019
- Gender-Friendly Holistic Nursing Care Workshop, Jamia Hamdard, 2020

## EXTRACURRICULAR ACTIVITIES

- Gold medallist in cricket at AIIMS Rishikesh annual sports fest
- Won several medals in volleyball and badminton in inter-school and college competitions
- Represented AIIMS in cultural and academic programs, including *Boogie Woogie* (Indian television show)

### HOBBIES & INTERESTS

- Reading books, blogs, and articles
- Dancing (represented the school in various competitions)
- Adventure sports such as rafting

### PERSONAL DETAILS

- **Date of Birth:** 06/09/1995
- **Gender:** Female
- **Marital Status:** Unmarried
- **Nationality:** Indian
- **Languages Known:** English, Hindi, Punjabi

### DECLARATION

I, with this, declare that the above information is accurate and correct to the best of my knowledge and belief. I bear the responsibility for the correctness of the mentioned particulars.

**Place:** Noida

**Signature:** *Vanshika Thukral*