**AKSHITA GROVER**

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**Profile Highlights**

 Licensed Clinical Psychologist| Psychotherapist

**Experience**

**Humming Minds, Raipur | Clinical Psychologist | Nov 24 onwards**

- Empaneled as a Clinical Psychologist, providing expert consultation and support.

- Worked as a Subject Matter Expert, offering insights and guidance on various psychological topics.

- Authored informative blogs for the website, focusing on relevant psychological content.

- Contributed to the creation of engaging content for videos and reels, aligning with the brand's messaging.

- Assisted in organizing and streamlining website content related to psychological subjects, ensuring clarity and accessibility.

- Provided strategic advice on marketing initiatives, particularly in schools, to enhance engagement and effectiveness.

**M. Phil. | Clinical Psychology Trainee | Nov 22 - Sept 24**

- Practiced Case History Taking, Psychoeducation, Mental Status Examination, Conducting Psychological Assessments, Providing Individual as well as Group Psychotherapy Sessions and Psychosocial Rehabilitation.

- Applying Humanistic and eclectic approach such as Cognitive Behavior Therapy, Mindfulness, Supportive Therapy, and other Third-Wave Therapies.

- Working closely with individuals coping with conditions like Anxiety, Depression, Obsessive Compulsive Disorders, personality disorders, addiction, anger management and stress management.

- Practiced Various Psychological Assessments:

 - Personality assessments such as Rorschach, Thematic Apperception test, MCMI, MMPI

 - IQ assessment such as MISIC and BKT.

 - Neuropsychological assessments like WCST, PGI-BBD, etc.

**Indus RPS School, Hisar | Psychology Teac**h**er | May 2021 – September 2022**

* Established the department of Psychology
* Taught Psychology to class XI and XII students
* Prepared appropriate course materials, assignments and handouts.
* Established clear objectives for all lessons, units, and projects.

 **Private Independent Practice | June 2018- onwards**

* Worked remotely
* Provided counseling services to over 50 clients with diverse mental health conditions like depression, anxiety and relationship challenges
* Developed and implemented tailored treatment plans for individual clients, improving their mental health outcome

**DigVijay Memorial School, Hisar | Counsellor and Teac**h**er | Aug 2017-May 2018**

* Established the department of Psychology. Taught Psychology to XI and XII class students.
* Planned sessions as per the syllabus drafted for students.
* Made use of various presentations, factual information, case studies, etc. to make sessions
simpler and interesting.
* Provided counseling to students on various psychological concerns, including depression, examination stress, relationship challenges, family conflicts, and burnout.
* Developed and implemented intervention plans to support students' academic and emotional well-being.
* Collaborated with teachers, parents, and administrators to create a supportive learning environment.

 **Dayanand Medical College and Hospital | Observer-ship |June 2014**

 **(DMCH), Ludhiana**

**Academic Projects**

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| **M.Phil. Dissertation:**To study positive and negative symptoms of schizophrenia and their relationship with cognitive functioning  | 2024 |

**Academics**

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| **Degree** | **University/Board** | **Year** |
| M.Phil. Clinical Psychology | Post-Graduate institute of Behavioral and Medical Sciences (PGIBAMS)/Pandit Ravi Shankar Shukla University (Govt.), Raipur. | 2022-2024 |
| B.Ed.  | CRSU, JIND | 2018-2020 |
| M.A. in Psychology | PANJAB University | 2015-2017 |
| B.A. Psychology | PANJAB University | 2012-2015 |
| 12th | CBSE | 2012 |
| 10th | CBSE | 2010 |

**Certificates**

* 1. Participation in 3rd WORLD CONGRESS ON EXCELLENCE organized by The International Society Of Mental Training For Excellence held at Panjab University, Chandigarh, India from October 19th -21st, 2015.
	2. Mindfulness Based Skills Training Workshop at D.A.V. College, Chandigarh from 3rd to 10th August, 2016.
	3. Completed the Level 1: “Basic Integrated Clinical Hypnotherapy” program of Integrated Clinical Hypnotherapy conducted by EKAA from June 3rd – 4th, 2017
	4. National Workshop on Application of Projective Tests on Clinical Setting from April 10th to 12th 2024.

# Technical Skills

- IBM SPSS

- Microsoft Office.

# Extra-curricular Activities/Other Skills

- Worked as a communicative English teacher

- Great Leadership qualities

- Goal Oriented

- Target driven

# Languages known

- English, Hindi and Punjabi