



KARUNA SEHRAWAT

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Passionate and a dedicated *clinical psychologist* (RCI) with 3+ years of experience in providing effective and compassionate therapy. Skilled in conducting comprehensive treatment plans, and delivering evidence based therapy. Practicing in various therapeutic modalities including CBT, ACT, MET, DBT, Exposure and response prevention and behavioral interventions.

EDUCATION

10th

In 2012 from St. Mary's School

The main subjects included English, Hindi, Science, Social science and Mathematics.

12th

In 2014 from St. Mary's School

The main subjects included History, English, Psychology, Political Science, Physical Education.

Bachelors in Applied Psychology

2014-2017

Gargi College, University of Delhi

Masters in Psychology

2017-2019

Indraprastha College for Women, University of Delhi.

Post-graduate Diploma in Guidance and Counseling
From Jamia Millia Islamia
2019-2020

Masters of Philosophy (Clinical Psychology)
2020-2022
Gautam Buddha University

INTERNSHIPS

- **Mental Health Organization**

1st june 2016 — 30th june 2016 Internship

The internship included guest lectures from renowned psychologists, psychiatrists, therapists and counselors. Interactive sessions were conducted on a daily basis where theoretical as well as practical implications were discussed. As part of the internship program I visited AIIMS, AIIMS ballabgarh, IHBAS OPD and A DOOR OF HOPE rehabilitation center to see the role of psychologists.

- **Inspiration, a center for special children**

1st December, 2016 — 30th December, 2016

During the course of this internship I aided in teaching and providing care to differently abled children. I was involved with children with Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Intellectual Disability and slow learners. Fulfilling the role of a teacher, I taught them the basic skills necessary for day to day living.

- **Mental Health Foundation- Community Project at Kirti Nagar**

8th January - 2nd April

As part of the community project, I made people of the community aware about mental health. A patient registration program was held where people could register themselves after knowing about the symptoms that they were made aware about. A Mental Health Camp was set up where psychologists and psychiatrists from AIIMS were involved. Follow ups were also conducted.

- **Guru Tegh Bahadur Hospital**

1st march-1st April

In the internship, I learned how to take case history and mental status examination.

Through the observation, my knowledge about various psychological disorders increased which further strengthened my knowledge. During the course of my internship I could understand the process of reaching diagnosis.

- **Psychological Academic Learning Services**

6th June-5th July 2018

The internship program was unique and intensive comprising skills, roles and responsibilities related to History taking, Interview, Assessment and intervention skills. This internship gave me hands-on experience in handling clinical cases and conducting psychological assessments.

WORK EXPERIENCE

- **Indraprastha Apollo Hospital , Sarita Vihar**

July 2019-December 2020

I have worked as a clinical associate at Apollo Hospitals under Dr. Rakhi Anand. My work included doing case work up, Psychometric assessments of the patient and providing psychotherapy. During the period of my work, I also made assessments reports and conducted classes/ workshops for the interns.

- **Indraprastha Apollo Hospital, Sarita Vihar**

February 2023- Present

Working as a clinical Associate under Dr. Rakhi Anand at Apollo Hospitals.

WORKSHOPS AND CERTIFICATE COURSES

- Certificate of Participating in focus group discussion on UNESCO MGIEP'S youth consultation on the new education policy of India, 2015.
- Certificate course on Therapeutic counseling, Regn no. 116, December 2015
- Course in Holistic Life Management through Sri Sathya Sai Human Values, April 2017
- Workshop on '**Ethics in Psychological Research**', conducted by University of Delhi on 16th March, 2019.
- Attended a workshop on "**Traumatic Brain Injury**" conducted on 15th

August, 2020.

- Attended a workshop in “**Rorschach Inkblot Test**” (According to Exner System” held from 17th -19th september, 2020.
- Attended a workshop on “**Trauma Release Training**” conducted by Dr. Abbu Hassan held on 25th December 2022
- **Conducted** a workshop on “**Cultivating Positive Emotions**” for Delhi Public School (DPS)- 10th October, 2023
- **Conducted** a workshop on “**Insights into Autism & ADHD: A Workshop for Educators in Supporting Role**” for G.D Goenka, Greater Noida on 20th May, 2024.

AWARDS AND ACHIEVEMENTS

- Secured 3rd position in senior secondary examination boards. (12th std)
- Letter of appreciation from Gargi Psychology Association
- Worked as a part of **Academic committee** (Board of Editors) in Indian Academy of Health Psychology (2021)
- Worked as the **Head of Registration** team in Indian Academy of Health Psychology (2022)
- Presented a review article in International Academy of Health Psychology (2021)- “**Impact of COVID-19 on pre-existing psychiatric conditions-a systematic review**”
- Published a review Article “**Impact of COVID-19 on pre-existing psychiatric conditions- A systematic Review**” in Delhi Psychiatry Journal.

https://www.researchgate.net/publication/362805493_Impact_of_Covid-19_Pandemic_on_Patients_with_Preexisting_Psychiatric_Conditions_A_Systematic_Review

- Presented a research Paper in International Academy of Health Psychology (2022) - “**Diagnostic Indicators of Somatic Inkblot Test & Rorschach Inkblot among Depressive Patients: A comparative Study**”

- Presented a research paper in Biennial Conference Clinical Psychology (2022)- **“Effect of neural Entrainment therapy on sleep Quality and psychological well-being”**
- Worked as the **Head of Registration** team in Indian Academy of Health Psychology (2023)
- Presented a research paper in International Academy of Health Psychology (2023) - **“Effect of Acceptance Commitment Therapy with adjunct to Cognitive Behavioural Therapy among patients with Social Anxiety Disorder”**

SKILLS AND HOBBIES

- Time Management
- Reading self-help books
- Canva- excellent skills at content making and editing
- Painting and mandala art
- Non-Judgemental and Compassionate

Thankyou for taking the time to review my resume. I genuinely believe that my experience and education would make me a valuable asset to your team.

