

Anushka Goel

Clinical Psychologist

- Gurgaon
- 9027499418
- anushkagoelmrt@gmail.com

Summary

I am a passionate and empathetic aspiring psychologist eager to apply academic and practical knowledge gained through multiple internships and professional courses. Proficient in conducting psychological assessments, developing tailored treatment plans and collaborating with interdisciplinary teams.

Skills

- Empathy
- Communication
- Problem Solving
- Adaptability
- Leadership
- Teamwork
- Organization Skills
- Management
- Emotional Awareness
- Listening

Certifications

- Beautiful Mind and Soul Internship
- Certificate for volunteering for creating awareness of Mental Health
- Clinical Psychology Internship (full-time)
- Internship under Department of Psychiatry IHBAS Hospital

Experience

Rehabilitation Training

Earth Savior Foundation

Gurgaon

Nov 2023 - Oct 2024

- Completed one year training at Rehabilitation Center working with people with wide range mental of mental illnesses and disabilities.
- Acquired in-depth knowledge in conducting appropriate assessments (including both psychological and disability assessments), providing counseling services and managing patient conditions through the development of effective treatment plans.

Child Psychologist Trainee

The Child - Cogniable

Gurgaon

Jul 2024 - Oct 2024

- Specialized in child development disorders, including Autism Spectrum Disorder (ASD), Attention-Deficit/Hyperactivity Disorder (ADHD), Cerebral Palsy, and various other developmental disabilities.
- Conducted child psychological assessments and prepared comprehensive psychological reports.
- Provided counseling and support to caregivers, helping them navigate the challenges associated with these conditions.

Clinical Psychologist Trainee

IHBAS Hospital

New Delhi

Sep 2023 - Oct 2023

- Gained hands-on experience in patient observation and care in both Outpatient Departments (OPD) and Inpatient Departments (IPD) at a hospital.
- Worked closely with patients suffering from a range of mental health conditions, including Depression, Anxiety Disorders, Schizophrenia, Obsessive-Compulsive Disorder (OCD), and Attention-Deficit/Hyperactivity Disorder (ADHD), etc.
- Professional responsibilities included clinical observations, case history taking, analyzing symptoms and delivering counseling services.

Clinical Psychologist Trainee

Shanti Home Rehabilitation Centre

Greater Noida

Jul 2022 - Aug 2022

- Engaged in full-time training with patients at a Rehabilitation Centre, supervised by a Licensed Clinical Psychologist and a multidisciplinary rehabilitation team.
- Work responsibilities included counseling services to patients, encouraging active participation and conducting tailored occupational activities to support patient engagement and skill development.
- Also gained experience working with individuals with disabilities, including psychoeducating their families.

Education

Bachelor Of Science , MIT ADT UNIVERSITY

Clinical psychology integrated with a Vedic Perspective

Pune

Masters Of Science, Gautam Buddha University

Clinical and Counseling Psychology

Greater Noida

RCI Post Graduate Diploma In Rehabilitation Psychology, Amity University

Gurgaon