

AARTI KUMARI JHA

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RCI Licensed Clinical Psychologist & Clinical Hypnotherapist

PERSONAL PROFILE

Licensed Clinical Psychologist with over 8 years of extensive experience in clinical psychology, specializing in **addiction therapy** and **psychiatric cases**. I have over 4 years of leadership experience as both a **Clinical Psychologist** and **Centre Manager** at a **rehabilitation center**, where I was responsible for overseeing clinical operations, managing a multidisciplinary team, and providing direct therapeutic care for individuals recovering from substance use disorders and co-occurring psychiatric conditions.

In my dual roles as **Clinical Psychologist** and **Center Manager**, I ensured the effective delivery of comprehensive, evidence-based mental health services, implemented treatment plans, supervised clinical staff, and coordinated care across various disciplines to optimize patient outcomes. My management role also included overseeing day-to-day operations, ensuring compliance with regulatory standards, and fostering a therapeutic environment that promotes patient well-being.

My professional background includes diverse experiences in hospitals, NGOs, private practice, and rehabilitation settings. Clinically, I am committed to offering compassionate care and evidence-based interventions for a wide range of mental health conditions, including depression, anxiety, obsessive-compulsive disorder (OCD), panic disorder, phobias, personality disorders, sexual disorders, sleep disorders, substance use disorders, eating disorders, and childhood psychiatric conditions.

I am highly skilled in conducting a broad range of psychological assessments, including personality evaluations, intelligence testing, neurological assessments, and measures of attitudes, achievements, and aptitudes. My therapeutic approach includes delivering interventions such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Rational Emotive Behavior Therapy (REBT), Motivational Enhancement Therapy, Supportive Psychotherapy, family and marital therapy, mindfulness-based interventions (MBSR, MBCBT), play therapy, behavioral modification, anger management, problem-solving strategies, and relaxation therapies, including

Jacobson's Progressive Muscle Relaxation (JPMR) and diaphragmatic breathing.

In addition to my clinical and managerial roles, I am dedicated to the mentorship and supervision of aspiring psychologists, providing internship opportunities and clinical training to psychology students. Through structured and hands-on learning experiences, I prepare the next generation of professionals for successful careers in mental health services.

PROFESSIONAL EXPERIENCE

1. Door of Hope Rehabilitation Centre

Position: Clinical Psychologist

Duration: January 2021 - Present

Responsibilities:

As a Senior Clinical Psychologist, my responsibilities encompass a broad range of clinical and supervisory duties aimed at delivering high-quality mental health care and fostering professional development within the field. These include:

- **Conducting Comprehensive Clinical Interviews:** I perform in-depth assessments through structured and unstructured interviews, gathering essential information regarding patients' psychological, social, and medical histories to form a holistic understanding of their mental health.
- **Obtaining Detailed Case Histories:** I meticulously collect and document case histories, taking into account the individual's personal, familial, and social background, as well as any pertinent psychiatric and medical information, to identify patterns that may influence their current condition.
- **Performing Mental Status Examinations (MSE):** I assess and document the mental state of patients, evaluating key aspects such as mood, cognition, insight, judgment, and thought processes, which are crucial for diagnosis and treatment planning.
- **Developing Individualized Management Plans:** Based on initial assessments, I create tailored treatment plans for each patient, integrating psychotherapeutic interventions, behavioral strategies, and pharmacological recommendations (in collaboration with psychiatrists) as needed.
- **Administering Psychometric Assessments:** I utilize a range of standardized psychometric tests to assess cognitive functioning, personality traits, emotional regulation, and other psychological attributes. These assessments are integral in diagnosing mental health conditions and tracking patient progress.

- Therapy and Counseling: I plan and implement various therapeutic interventions, including:
 - Individual Therapy: Engaging in one-on-one counseling using evidence-based approaches such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and psychodynamic therapy to address individual mental health challenges.
 - Group Therapy: Facilitating therapy in group settings to provide peer support and promote interpersonal skill development.
 - Behavior Modification: Implementing behavior change strategies, especially for patients with behavioral disorders or maladaptive habits.
 - Motivational Enhancement Therapy: Using motivational interviewing techniques to help patients with ambivalence towards change, particularly in cases involving addiction and other compulsive behaviors.
- Providing Family Therapy: I offer therapeutic services to families, addressing relational dynamics that may contribute to or arise from the patient's mental health condition. This is conducted in both individual family settings and group formats for collective support.
- Maintaining Case Documentation: I ensure that all case records are maintained with precision and confidentiality. This includes detailed documentation of patient interactions, treatment plans, progress notes, and therapy outcomes, which are essential for continuity of care and legal compliance.
- Monitoring and Follow-up: I conduct regular follow-up sessions with patients to assess their progress and modify treatment plans as necessary. This includes both short-term and long-term follow-up to ensure sustained recovery or management of chronic conditions.
- Supervising and Training Junior Psychologists: I provide mentorship and supervision to junior psychologists, overseeing their case management, offering guidance on therapeutic techniques, and supporting their professional growth.
- Providing Internships and Professional Training: I offer structured internships and training programs for aspiring psychologists, equipping them with practical skills, clinical experience, and ethical guidance necessary for their future careers.
- Collaboration with Multidisciplinary Teams: I actively collaborate with psychiatrists and other healthcare professionals to ensure comprehensive and coordinated care for patients, incorporating different perspectives into the treatment process.
- Crisis Intervention and Risk Assessment: In acute or emergency situations, I perform risk

assessments for suicide, self-harm, and aggression, intervening with immediate safety planning and referrals to appropriate levels of care when needed.

- Research and Continuing Education: I engage in clinical research to contribute to the field of psychology and stay updated with the latest advancements in therapeutic techniques and psychological assessments.
- 2. Trainee Clinical Psychologist, SGT Hospital, Gurugram(October 2019 - December 2020)**
- Conducted comprehensive case histories and assessments for patients with a range of mental health disorders, including schizophrenia, obsessive-compulsive disorder (OCD), mood disorders, personality disorders, and substance use disorders.
 - Provided therapeutic interventions and management strategies for children with mental retardation (MR), attention deficit hyperactivity disorder (ADHD), and other behavioral issues.
 - Diagnosed and developed treatment plans tailored to individual patient needs, ensuring a holistic approach to mental health care.
- 3. VARTA Health- Clinical Psychologist (January 2019 - December 2019)**
- Provided online counseling services through telephone and video consultations.
 - Delivered therapeutic interventions to support individuals experiencing mental health challenges and disorders.
- 4. MENTAL HEALTH FOUNDATION, New Delhi - Counselor (July 2019 - September 2019)**
- Delivered counseling services to individuals struggling with substance abuse, behavioral challenges, and suicidal ideation.
 - Assessed and diagnosed at-risk individuals, ensuring appropriate intervention strategies.
 - Provided essential support and therapeutic interventions tailored to individual needs.
 - Organized and conducted mental health awareness programs, educating the community about psychological issues and their implications for overall well-being.
- 5. VIMHANS, Delhi— Trainee Counselor, (July 2018 – September 2018)**
- Worked with both in-patient (IPD) and out-patient (OPD) clients.

- Conducted comprehensive case histories to assess individual needs.
- Developed and implemented personalized management plans for patients.
- Organized activity schedules for day-care patients to enhance their engagement.
- Provided tailored counseling services to address the specific needs of each patient.

6. **TEACHING EXPERIENCE**

- Over 6 years of experience as a Psychology Teacher for students in Class 11, Class 12, Bachelor's, and Master's programs in private educational settings.

EDUCATION QUALIFICATION

- **Ph.D in Clinical Psychology** (Pursuing), SGT University
- **Post-Graduation Diploma in Mental Health** Indira Gandhi National Open University (IGNOU),2020-2021
- **Professional Diploma in Clinical Psychology** (RCI Licensed),SGT University, 2019-2020
- **Master of Arts in Clinical Psychology**,Indira Gandhi National Open University (IGNOU) 2018
- **Bachelor of Arts**, University of Delhi, Delhi,2015
- **Higher Secondary Certificate (HSC)**,Central Board of Secondary Education (CBSE) 2011
- **Secondary School Certificate (SSC)**,Central Board of Secondary Education (CBSE) 2009

Additional Qualifications

- **Diploma in Office Management**, New Delhi YMCA (2011-2012)
- **Diploma in Clinical Hypnotherapy**, Indian Hypnosis Academy 2021

DISSERTATION, PUBLICATION & WORKSHOP

- Topic of dissertation in Masters – **“Correlation study between personality and adjustment of adolescent students at secondary school in South East Delhi”** .
- Participated in Workshop on **“Stress Management During Covid-19 Organized by Vidya Abhikalpan”**.
- Participated in International Conference on **“Projective Psychology”** at SGT University, Jan 2020.
- Participated in Psychiatric Case Conferences at Vidyasagar Institute for mental health Neuro & Allied Sciences, New Delhi.
- Participated in Workshop on **“Child Sexual Abuse”** at Vidyasagar Institute for mental health Neuro & Allied Sciences, New Delhi.
- Participated in Seminar of **“Understanding Autism”** at Vidyasagar Institute for mental health Neuro & Allied Sciences, New Delhi.
- PAPER PUBLISHED *“A multicenter study examined the association between fear levels and nursing student’s personality traits”* in Journal For Re-Attach Therapy And Developmental Diversities.
- Paper presented & published ***“Unlocking better sleep and emotional balance investigating the benefits of spiritually integrated cognitive behavioral therapy for insomnia in adolescents”***

PAPER PRESENTED: - Diamond Jubilee International Conference On Mental Health themed Public health- mental health of the people, by the people, for the people at PGIMER, Chandigarh.

- Paper presented & published ***“Navigating the nexus: examining job satisfaction, sleep quality and well- being among mental health professionals.”*** , International Journal For Research In Applied Science & Engineering Technology (IJRASET)

PAPER PRESENTED: - International Conference on Career Coaching & Life Development:

A PARADIGM SHIFT

- PAPER PUBLISHED: *“Deciphering the Enigma: Exploring The Impact Of Personality Traits On Treatment Results In Therapy Approaches For Co-Occurring Insomnia And Alcohol Dependence”*, Journal Of Chemical Health Risks
- PAPER PRESENTED: - *“Exploring The Use Of Machine Learning Algorithms In Predicting And Managing Insomnia And Emotional Behavioral Problems”* during 8th International Conference Of Indian Academy Of Health Psychology.
- PAPER PUBLISHED: - *“Exploring the impact of gamified storytelling and virtual reality interventions on enhancing self-regulation , academic performance, and executive functions skills in individual with ADHD ”* In The International Journal Of Indian Psychology.

PERSONAL INFORMATION

- **Father's Name:** Arun Kumar
- **Husband's Name:** Atul Thakur
- **Date of Birth:** November 20, 1993
- **Gender:** Female
- **Nationality:** Indian
- **Religion:** Hindu
- **Marital Status:** Married
- **Languages Known:** Hindi and English

Date: -

(AARTI KUMARI JHA)