

JANVI SIKKA

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ACADEMIC QUALIFICATION

- M.Phil. Clinical Psychology (*RCI Licensed Program – Awaiting Final Results & License*)
Amity Institute of Behavioral (Health) & Allied Sciences (AIBHAS), Noida, Uttar Pradesh. 2023-2025.
- Completed Master of Arts in Clinical Psychology, Amity University, Noida, India. 2020-2022. Secured an overall aggregate of 79.7% (CGPA- 8.39)
- Completed Bachelor of Arts (Honors) Psychology, Aryabhata College, India. 2017-2020. Secured an overall aggregate of 70% (CGPA- 7.37)

TECHNICAL SKILLS

- SPSS, Jamovi 2.6.44
- Microsoft Office Package: Word, Excel, Access, PowerPoint, Publisher

CLINICAL SKILLS

Assessment & Diagnosis

- Skilled in cognitive, neuropsychological, and personality assessments
- Experienced in child assessments
- Competent in diagnostic formulation using ICD-10 and DSM-5

Psychotherapy & Intervention

- Able to deliver individualized, ethically-grounded, and culturally sensitive treatment plans
- Trained in wide range of therapeutic modalities, including CBT, DBT, ERP, behaviour therapy, play therapy, mindfulness based therapies, trauma-informed approaches, and neuropsychiatric rehabilitation

Clinical Reporting & Documentation

- Strong report-writing and documentation skills including case history, progress notes, and discharge summaries
- Experienced in communicating findings clearly to clients, families, and multidisciplinary teams

Interpersonal & Professional Competence

- Caring, empathetic, and client-cantered with a deep commitment to mental health care
- Comfortable working with diverse populations across age groups and clinical conditions
- Effective collaborator in multidisciplinary teams involving psychologists, psychiatrists, and medical professionals
- Strong ethical grounding and awareness of professional standards (RCI/APA)

PROFESSIONAL EXPERIENCE

Resident Clinical Psychologist

Disha Neuropsychiatry Centre, CR Park, New Delhi

January 2025 – June 2025

- Worked with clients presenting with psychiatric conditions.
- Focused on therapeutic management and delivered structured psychotherapy sessions.

Resident Clinical Psychologist

Deen Dayal Upadhyay Hospital, Hari Nagar, New Delhi

June 2024 – January 2025

- Conducted diagnostic interviews and psychological assessments.
- Delivered psychotherapy for patients with diverse mental disorders.
- Engaged in therapeutic management across outpatient and inpatient departments.

Resident Clinical Psychologist

Disha Neuropsychiatry Centre, CR Park, New Delhi

February 2024 – June 2024

- Performed clinical assessments and formulated diagnostic impressions for patients across the lifespan.
- Assisted in the evaluation of psychological disorders using standardized tools.
- Contributed to treatment planning and case discussions.

Resident Clinical Psychologist

Army Hospital (Research and Referral), New Delhi

November 2023 – January 2024

- Worked exclusively with children presenting with neurodevelopmental, emotional, and behavioural concerns.
- Conducted age-appropriate clinical assessments and diagnostic evaluations.
- Collaborated with child psychiatrists and caregivers in treatment planning.

Resident Clinical Psychologist

Perfect Mind, Patel Nagar, New Delhi

August 2023 – October 2023

- Conducted clinical assessments and diagnostic evaluations.
- Provided diagnostic impressions and developed case formulations to guide interventions.
- Provided psychotherapy under clinical supervision.

National Institute of TB and Respiratory Diseases

Counselling, December 2021-April 2022

Role:

- Worked under a psychologist to provide counselling sessions to patients recovered from Covid-19
- Helping patients regain a sense of stability in life post diagnosis.

Krishivi Foundation, New Delhi

Research Assistant, April- July 2021

Role:

- Assisted on research to find to find effective ways of helping young children deal with loss and trauma they experienced due to Covid-19.
- Helped in identifying and addressing symptoms of PTSD and chronic stress in children belonging to the rural areas by assisting in counselling sessions.

ACADEMIC RESEARCHES

Title: Understanding the role of disgust sensitivity, guilt sensitivity and shame proneness in predicting obsessive compulsive symptoms in intimate partner violence survivors (2023-2025) (yet to be published)

Objectives:

- To study the group differences of guilt sensitivity, disgust sensitivity and shame proneness between IPV survivors, and IPV survivors with symptoms of OCD.
- To study the relationship of OCD severity and measure of IPV experiences.
- To study the relationship of measure of IPV experiences and disgust sensitivity, guilt sensitivity and shame proneness.
- To study the relationship between OCD severity and disgust sensitivity, guilt sensitivity and shame proneness.

Title: The Relationship Between Fear of Missing Out (FoMo) Tendencies and Compulsive Buying Behaviour among male and female online shoppers (May 2022) (yet to be published)

Objectives:

- To assess the relationship between fear of missing out (FoMO) tendencies and compulsive buying behaviour among online shoppers in India.
- Evaluate gender differences in the level of fear of missing out (FoMO) in online shoppers.
- Examine gender differences in the level of compulsive buying behaviour in online shoppers

PAPER PRESENTATIONS

- Scientific Oral Paper Presentation At The 21st Annual National Conference of Association of Industrial Psychiatry of India, (2024), Bodh Gaya, Bihar.
Title: Understanding Sensitivity and Vulnerability as Predictors of Obsessive- Compulsive Symptoms in Survivors of Intimate Partner Violence
- Scientific Oral Paper Presentation At 10th World Congress on Women's Mental Health IAWMH (2025), NIMHANS, Bengaluru, India.
Title: Emotional Sensitivity and Vulnerability as Predictors of Obsessive-Compulsive Symptoms Among IPV Survivors

INTERNSHIPS

- Interned at Vidyasagar Institute for Mental Health Neuro and Allied Sciences, New Delhi, from April 6 2022- July 6 2022 with a special emphasis on diagnosing and treating mental health disorders. Duties involved –
 - Assisting at various departmental postings (out-patient department, in-patient department, and day care)
 - Helped with case history and MSE taking while posted under different on-duty doctors, and consultant psychiatrists
 - Assisted in diagnosis and treatment
- Completed online clinical psychology program at Mind Ease Psychological Services and Wellness Centre, New Delhi, from July 7, 2021- August 7, 2021. Was involved in training under RCI registered clinical psychologists to gain knowledge of psychiatric and psychological disorders, knowledge on intervention strategies, knowledge on psychiatric tools and assessments, took part in movie analysis and role plays, and case discussions.
- Worked as an Intern at WeAvecU Organization in the field clinical psychology from 26th February 2021 to 22nd March 2021. Was involved in case history taking, mental status examination, creating reports, diagnosis and treatment plans
- Took part in an online internship program at The Soulful Mind, New Delhi, from October 3, 2020-November 2, 2020. Engaged in activities like case discussions, MSE, case history taking. Attended sessions on psychological assessments, clinical skills, ethics in clinical practice, foundation of CBT and various psychological disorders.
- Completed a short-term exposure in mental health services, at Vidyasagar Institute for Mental Health Neuro and Allied Sciences, New Delhi, from July 1, 2019-July 26, 2019. Duties involved –
 - departmental postings (out-patient department, in-patient department, day-care) to work with patients whose ability to carry out the basic tasks of everyday life was impacted due to disorders like autism, schizophrenia, intellectual disability, and depression.
 - shadowed clinical psychologists and psychiatrists for observation of patient interactions, observation of diagnostic services
 - classes on case history and MSE, clinical
 - Attending seminars and case presentations

VOLUNTEER WORK

- Worked as a student volunteer at the We Avec U Trust, from March 6, 2021- April 10, 2021 and taught underprivileged children's skills of emotion regulation, empathy, team work, good touch and bad touch, dealing with stress in everyday life.

EXTRACURRICULAR ACTIVITIES

- President of the psychology society 'Srijan' of Aryabhata College, 2019-2020.