

Akansha Kumari

Psychologist

Contact

Address

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Phone

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Skills

Crisis Intervention Strategies

Therapy and Counseling

Clinical Assesment

Case Management

Communication skills

Applied behavior Analysis (ABA)

Child Development Knowledge

Treatment Planning

Languages

English

Bilingual or Proficient (C2)

Hindi

Bilingual or Proficient (C2)

Dedicated psychology professional with a Master's degree in Clinical Psychology and current employment at Cadabams Hospital, specializing in clinical and educational settings, with a focus on conducting assessments, designing and implementing individualized treatment plans, and facilitating therapy sessions. Skilled in working with diverse populations, including children with Autism spectrum disorder, and adept at collaborating with interdisciplinary teams to promote holistic well-being.

Work History

2023-06 -

Current

School Counselor

Cadabams Hospital, Bangalore, Karnataka

- Coordinated crisis intervention for students facing difficult life situations.
- Collaborated closely with clinical psychologists to implement evidence-based interventions and therapeutic strategies tailored to the unique needs of each individual.
- Implemented behavior modification techniques aimed at increasing positive behavior among students.
- Facilitated workshops on positive parenting with parents, providing strategies and support for fostering healthy parent-child relationships.
- Created mental health content videos for Cadabams Hospital, disseminating valuable information and resources to the community on various mental health topics and coping strategies.
- Conducted emotional wellness classes and individual counseling sessions for children and teachers.
- Address a wide range of mental health issues, including anxiety, depression, gender identity, overthinking, bullying behaviors, loneliness and trauma.
- Collaborated with school staff to assess and address emotional well-being needs.
- Handled administrative tasks related to program coordination and documentation.

2023-07 -

2023-08

Psychology Intern

Central Institute Of Psychiatry, Ranchi, Jharkhand

- Assisted in conducting psychological assessments and evaluations under supervision.
- Facilitated individual and group therapy sessions for patients with various mental health disorders.
- Collaborated with multidisciplinary teams to develop and implement treatment plans.
- Participated in case conferences and contributed to treatment planning discussions.
- Assisted in case history taking for OPD patients to gather comprehensive information for assessments and treatment purposes.
- Compiled and analyzed data for research projects related to mental health and psychiatric disorders.

2023-02 -
2023-04

Psychology Intern

Bubbles Centre For Autism, Bangalore, Karnataka

- Conducted Field work at Bubbles centre for Autism, providing direct support and assistance to children with Autism Spectrum Disorder (ASD) two days per week for a period of two months.
- Implemented evidence-based interventions and behavior strategies to support skill development and improve communication, socialization, and adaptive functioning across various age groups.
- Collaborated with interdisciplinary teams to design and implement individualized treatment plans, incorporating input from parents, educators and healthcare professionals.
- Participated in regular assessments and progress monitoring, utilizing standardized measures to evaluate and track developmental milestones and behavioral outcomes.
- Engaged in ongoing training and professional development opportunities to enhance understanding of autism interventions and best practices in the field.

Education

Master of Science: Clinical Psychology

Kristu Jayanti College - Bangalore, Karnataka

- Advanced training in clinical assessment, diagnosis, and evidence-based treatment.

- Extensive practicum experience in hospitals, mental health centres, and private practices.
- Proficient in administering psychological assessments and conducting therapy sessions.
- Contributed to research projects advancing clinical psychology knowledge.

Bachelor of Arts: Psychology

Nowrosjee Wadia College - Pune, Maharashtra

- Developed a strong foundation in psychological theories, research methods, and statistical analysis.
- Acquired knowledge in various subfields of psychology, including developmental, cognitive, social and abnormal psychology.