

ISHITA MOTILAL

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Psychology Postgraduate, with a brief job experience and training in prestigious and esteemed institutions and under well trained clinical psychologists. A quick learner, motivated to continuously improve myself, with a tendency to work dedicatedly and excel in the given role/task. Have good people presence, an active listener with a definite passion and love for the field and the subject.

EXPERIENCE

NOVEMBER 2020 – MARCH 2021

CHILD PSYCHOLOGIST, MOM'S BELIEF

- Assessed children with special needs, designed individualized intervention modules and worked hand in hand with child psychologists, speech therapists and occupational therapists to provide a holistic care to these kids and their parents, on the online platform.
- Was declared performer of the month multiple times, was reviewed highly by parents, and scored maximum quality points in my team, in my brief period of work.

JUNE 2019 – AUGUST 2019

CLINICAL PSYCHOLOGY INTERN, DR. RAM MANOHAR LOHIA HOSPITAL

- Completed daily psychometric assessments (IQ, ADHD, SLD, Autism, Conduct Disorders, Developmental Delays etc.) of patients under the supervision of Clinical Psychologist and M.Phil. Trainee.
- Took case histories, scored psychometric tests, and made detailed case reports for patients.
- Psycho-educated parents/ family members about the patient's conditions and attended IPD rounds with junior and senior residents (Psychiatry) and M.Phil. CP trainees.
- Observed a range of therapies including Marital Therapies, Motivation Enhancement Therapies, CBT, Behaviour Modification and so on.

JUNE 2018 – SEPTEMBER 2018

CLINICAL PSYCHOLOGY INTERN, VENKATESHWAR HOSPITAL

- Learnt to build rapport with patients, took Case Histories and Mental State Examinations.
- Conducted self-report inventories, learnt blood bank counselling and organ transplant counselling.
- Observed therapies firsthand, like Supportive Psychotherapy, Group Therapy, Stimulation Therapy, CBT, ERP, Behaviour Therapy etc.
- Provided online counselling

EDUCATION

2018-2020

M.A. IN PSYCHOLOGY, UNIVERSITY OF DELHI

Completed my post-graduation in Department of Psychology, DU, North Campus with first division marks, a two month long internship as a part of the curriculum and a dissertation that is bagged by the top 20% students in the department, out of a 110.

2015-2018

B.A. (H) APPLIED PSYCHOLOGY, UNIVERSITY OF DELHI

Completed my graduation in Shyama Prasad Mukherjee College, DU, with first division marks. have been a merit student all through the six semesters and hence secured a seat in masters in DU through merit.

SKILLS

- Active Listening
- Social Perceptiveness
- Good counselling skills
- Fluent in English, Hindi, and Bangla
- Appropriate people skills
- Good at Goal setting and Implementation
- Regular and particular about duties and role

ACTIVITIES

I have always been an allrounder as a student. Apart from excelling in academics, I have been involved in various capacities in organizing events, leading teams, and performing in the same. I am extremely confident in social spheres, and fair well in public speaking areas. People tend to confide in me and seek advice. I have been awarded the NIE student of the year in school times and held prefectorial positions for consecutive years. I was also the cultural head in my graduation days. I have also played an active part in organizing a national conference in Dr. RML Hospital during my internship period and many more of such events in the Department of Psychology, DU, North campus.