

Anjali Mittal

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RCI Registered Clinical Psychologist (A101946) with diverse experience across hospitals, special schools, private healthcare settings, and clinical environments. Skilled in providing psychometric testing, psychotherapy and research while working with different age groups. Recognized for a meticulous, collaborative approach, strong adaptability, and a dedicated work ethic. Actively seeking opportunities to advance my career in clinical psychology, with a focus on supporting clients in their functional recovery and overall well-being.

PROFESSIONAL EXPERIENCE

Consultant Clinical Psychologist

September 2024 – Present

Emoneeds Psychiatric Clinic

- Managing independent caseloads, conducting comprehensive psychological assessments and delivering evidence-based psychotherapeutic interventions

Trainee Clinical Psychologist

July 2022 – June 2024

* *Command Hospital, Central Command- Indian Army, Lucknow*

* *Nur Manzil Psychiatric Centre, Lucknow*

* *Nirvan Hospital: Centre of excellence in Behavioural and Addiction Medicine, Lucknow*

* *Umeed Rehabilitation Centre, Lucknow*

* *PYSSUM (Paramahansa Yogananda Society for Special Unfolding and Moulding), Lucknow*

* *Dosti-Study Hall Educational Foundation (SHEF), Lucknow*

- Accomplished supervised period of clinical training of 400+ hours via clinical rotations spanning across two years at each of the following adult and child psychiatric hospital and clinical set-ups (private/govt; inpatient and outpatient settings)
- Enhanced skills of case history taking, mental status examination, comprehensive case conceptualisations and diagnosis
- Abetted in increasing mental well-being in Oncology, Paediatric, and Gynaecology Department
- Conducted a wide variety of psychological assessments, provided therapy for clinical cases focused on psychiatric and neuropsychiatric disorders using various therapeutic modalities
- Carried out individual, group, couples, and family therapy sessions
- Participated in in-depth case discussions with Supervisor, weekly Ward Rounds with Psychiatrists

Intern

August, 2019; January, 2020

Amar Jyoti Charitable Trust, Delhi

- Completed supervised internship of 100+ hours of extensive case history taking, mental status examination, and report writing
- Conducted psycho-education and mental health awareness sessions
- Observed the conduction of psychological assessments, psycho-education awareness programmes and behavioural modification in sessions under supervision

Clinical Psychology Trainee

July 2018 – August 2018

Yashoda Super Speciality Hospital, Ghaziabad, Uttar Pradesh

- Achieved supervised clinical psychology training of 100+ of extensive case history taking, mental status examination, planning therapeutic interventions
- Observed individual therapy sessions and child therapy sessions under supervision and participated in clinical case discussions

Narinder Mohan Hospital, Ghaziabad, Uttar Pradesh

- Fulfilled supervised clinical psychology training of 100+ of extensive case history taking, mental status examination, planning therapeutic interventions
- Observed and conducted individual therapy sessions and child therapy sessions under supervision and participated in clinical case discussions

PARTICIPATIONS, PUBLICATIONS & PRESENTATIONS

- Participated in 3rd National Mid-term CME of IACAM on ‘Innovations in Interventions: Healing Minds and Nurturing Souls’ organised by NDDTC and AIIMS, New Delhi on 8th-9th February, 2025
- Participated in CRE workshop on ‘Sensitizing Communities to Prevent Child and Adolescent Sexual Abuse: Awareness, Prevention and Action’ held in VIMHANS on 9th-11th January, 2025
- Paper Presentation in the 50th National Annual Conference of Indian Association of Clinical Psychologists Clinical Psychology in India: Retrospect and Prospect, February 2024
- Published article titled ‘Role of Clinical Psychologists in Psycho-Oncology’ in the PSYCHLETTER by Amity University Lucknow, Volume 03, Issue IV in December 2023
- Published chapter: ‘Role of Solution Focused Brief Therapy on Internet Addiction’ in the Book – Social Media: Digital Footprints on Mental Health October 2023
- Published Paper: ‘Bhagavad Gita from the Lens of Psychotherapy: A Qualitative Comparison Among Three Age Groups’ in an international peer reviewed journal named YMER Journal, Volume 22, Issue 02 in February 2023
- Participated in National Seminar on ‘The Unconscious Communication in Psychoanalysis’ in Jesus and Mary College, University of Delhi
- Paper Presentation in National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference in Daulat Ram College, University of Delhi
- Participated in organization and coordination of Mental Health Festival 2018, Mental Health Foundation in association with Department of Psychiatry, All India Institute of Medical Sciences (AIIMS)

ACADEMIC ACHIEVEMENTS

M.Phil. in Clinical Psychology (RCI Affiliated) | CGPA 7.21 (First Division) 2022 – 2024

Amity Institute of Behavioural and Allied Sciences, Amity University, Lucknow Campus

- Dissertation: ‘Sexual Desire, Sexual Shame, Emotional Regulation Among Young Adults with Alcohol, Opioid, Cannabinoid Dependence’
- Conducted two mental health awareness and psychological screening camps in Lucknow

Masters in Clinical Psychology | CGPA 8.42 (First Division) 2019 – 2021

Amity Institute of Psychology and Allied Sciences, Amity University, Noida Campus

- Dissertation: ‘Bhagavad Gita and Consciousness: Clinical Aspect’
- Conducted social outreach program in the underdeveloped areas

SKILLS

- Interpersonal Skills | Communication | Team Management | Presentation Skills
- Psychoeducation | Psychotherapy | Counselling | Psychological Assessments | Documenting Reports
- Research (Qualitative & Quantitative analysis) | Statistical Analysis (SPSS) | Scientific Writing

LANGUAGES

- Hindi (Native) • English (Proficient) • Indian Sign Language (Beginner) • Spanish (Beginner)