



MS. PARNEETA GUPTA

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PROFESSIONAL SUMMARY

Experienced psychologist with a strong background in clinical practice. Specializing in clinical psychology, cognitive-behavioral therapy, child psychology etc, I am dedicated to providing compassionate, evidence-based therapy to individuals seeking mental health support. Skilled in psychological assessment, treatment planning, and therapeutic interventions, I strive to create a supportive and empowering environment for clients to achieve personal growth and well-being. Committed to ongoing professional development and maintaining the highest ethical standards in psychology.

EDUCATION

- ✓ **IGNOU (JAGANNATH COMMUNITY COLLEGE) ROHINI DELHI** 2021- 2023
Master of arts in clinical psychology
- ✓ **PSYKEY (UNLOCK PSYCHOLOGY) MSME REGISTERED ORGANIZATION** 2022
Diploma in psychotherapy
- ✓ **ALISON UNIVERSITY - CPD UK** 2022
certificate course in child psychology
- ✓ **DUSOL (DAULAT RAM COLLEGE), DELHI** 2018 - 2021
B.A political science honours.

CERTIFICATIONS

Awarding certificates in following online sessions.

1. workshop on international mental health webinar series.
2. Two days workshop on child psychology and research methodology organised by mimansha mental health and awareness foundation .
3. One month internship under Psychopedia -learn train and heal.
4. Attended 2 days workshop on international certified career coach foundation.
5. Workshop on hypnotherapy.
6. Attended 2 days training program on basics of HIV AIDS counseling conducted by EMOCARE.
7. 3 months Diploma and internship in psychotharepy under psykey (unlock psychology)MSME registered institution.
8. One month internship in counseling psychology under All About Psychology MSME registered organization
9. Participated in 1 month mental health compaign " Novel November Nights" organised by AI - Nuqaha and Sych Quers Services.

OFFLINE WORKSHOP ATTENDED

1. National conference on psychology and its role in human and societal development organised by department of psychology . Dr. Bhim Rao Ambedkar college Delhi University.
2. 1 day workshop on national conference on psychology and its role in human and societal development .

INTERNSHIP EXPERIENCE

- ✓ **Jneya foundation (NGO)- Banglore** 1/08/2023 - 30/11/2023
Psychology Intern

- Provided individual and group therapy to clients with diverse mental health challenges, including depression, anxiety, and trauma.

- Utilized psychodynamic principles to facilitate insight and healing in therapeutic sessions.

- Specialized in working with adolescents and young adults, implementing age-appropriate interventions to promote emotional regulation and resilience.

- Conducted comprehensive psychological assessments to inform treatment planning and monitor client progress.

- Collaborated with interdisciplinary teams to coordinate care and ensure holistic treatment approaches.

✓ **Dr. Ram Manohar Lohia Hospital, Delhi**
Clinical Psychology Intern

16/ 01/ 2023 - 16/ 3 / 2023

- Taking proper case history of childrens as well as adults which include socio demographic information, substance of abuse, information from relative and patient, HOPI, drug history, PMA, higher mental functions, general fund of knowledge/ intelligence and insight .

- Handling OPD and provide counseling sessions as per the instructions given by the supervisor and most of the time i observe my supervisor in taking therapy and counseling sessions.

SKILLS

Proficient in administering, scoring, and interpreting standardized tests (e.g., WAIS, MMPI, Rorschach).

Skilled in diagnosing mental health conditions based on DSM-5 criteria.

Expertise in evidence-based therapies, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT).

Skilled in individual, group, and family counseling across diverse populations.

Experienced in crisis intervention and de-escalation techniques.

Strong interpersonal skills to build rapport with clients and maintain therapeutic alliances.

Ability to communicate complex psychological concepts in an understandable way.

Experienced in managing cases and coordinating with professionals like psychiatrists, social workers, and educators.

Adept at creating and implementing individualized treatment plans.

Skilled in conducting workshops, seminars, and awareness programs on mental health topics.

Experienced in teaching coping strategies and resilience techniques to clients and their families.

Expertise in providing culturally sensitive care to clients from diverse backgrounds.

Awareness of the influence of cultural, social, and personal factors on mental health.

Experienced in trauma-focused therapies and supporting individuals dealing with PTSD, abuse, or grief.

Skilled in suicide risk assessment and intervention.

Thorough understanding of ethical guidelines (e.g., APA or BPS Code of Ethics) and maintaining client confidentiality.

INTERESTS

- Reading and researching psychological theories and advancements.
- Writing and sharing psychoeducational content to spread mental health awareness.
- Volunteering for organizations focused on youth mental health.
- Practicing yoga and mindfulness to enhance self-awareness and resilience.
- Exploring cultural influences on mental health through travel and reading.
- Attending mental health workshops, seminars, and conferences.
- Studying human behavior in films or literature.

LANGUAGE

- Hindi
- English

ACHIEVEMENTS & AWARDS

- Counseling Psychologist
- Certified Psychotherapist and graphologist

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