



APOORV AGGARWAL

Clinical Psychologist

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Summary

Compassionate and dedicated clinical psychologist with extensive experience in both private practice and hospital-based settings, specializing in the assessment and management of psychiatric disorders. Proficient in psychometric assessments and skilled in delivering evidence-based treatment approaches, including cognitive behavioral therapy, mindfulness-based interventions, and trauma-informed care. Known for building strong therapeutic alliances that promote meaningful patient engagement and contribute to improved mental health outcomes.

Skills

- Cognitive-Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Psychodiagnostic Assessment
- Diagnostic Interviewing
- Motivational Interviewing
- Mindfulness Based Interventions
- Crisis Intervention
- Research and Evaluation

Education

Amity University

B.Sc. (H). - Neuroscience & Neuropsychology

2016

Noida, Uttar Pradesh

Chirst University

M.Sc. - Clinical Psychology

2019

Delhi NCR, DELHI

- Publications: Published paper in the International Conference on Innovation, Sustainability, and Applied Sciences titled Tattoos and Personal Identity: A Thematic Exploration Among Young Adults
- Completed a certification in Creative Movement Therapy
- Conducted educational workshops on Negative Thinking, Men's Mental Health, OCD.

Amity University

M.Phil. - Clinical Psychology

2023

Noida, Uttar Pradesh

- Completed a certification in the Management of Obsessive Compulsive Disorder.
- Completed a certification in Resilience in Childhood Trauma from Coursera.
- Authored a research paper on "Executive Function and Emotion Regulation as Predictors of Procrastination among Problematic Internet Users.
- Presented Symposium on " Prescription to Addiction; India's Painkiller Dilemma" at ICPRS.

Experience

Mindtribe

Counseling Psychologist

Jul 2021 - Jul 2022

New Delhi, Delhi

- Conducted comprehensive psychological assessments and delivered individualized interventions for clients with a wide range of psychiatric conditions.
- Facilitated psychoeducational workshops on topics including negative thought patterns, men's mental health, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD).
- Authored mental health blogs to enrich website content and promote awareness, engagement, and destigmatization of psychological issues.

Deen Dayal Upadhya Hospital

Consulting Clinical Psychologist

Jul 2023 - Oct 2023

New Delhi, Delhi

- Performed diagnostic evaluations using evidence-based methods, including ICD-10 criteria and structured clinical interviews.
- Conducted crisis intervention sessions with patients experiencing acute psychological distress.
- Participated in weekly case conferences and interdisciplinary seminars to collaboratively discuss cases and formulate comprehensive treatment plans.

Post Graduate Institute of Child Health

Consulting Clinical Psychologist

Oct 2023 - Jan 2024

Noida, Uttar Pradesh

- Diagnosed and treated children with psychological disorders, including Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD).
- Conducted psychometric assessments, including intelligence testing and behavioral evaluations.
- Work closely with parents to support child development, provide psychoeducation, and implement growth-oriented interventions, including parent management training.

Happy Tree- De Addiction Center

Consulting Clinical Psychologist

Jan 2024 - Apr 2024

New Delhi, DELHI

- Facilitated recovery from substance use and behavioral addictions in both OPD and IPD settings through comprehensive psychological assessments and evidence-based therapy.
- Supported relapse prevention by implementing effective coping strategies and personalized intervention plans.

National Institute for the Empowerment of Persons with Intellectual disabilities

Consulting Clinical Psychologist

May 2024 - Aug 2024

Noida, Uttar Pradesh

- Delivered targeted, evidence-based interventions to support children's holistic development.
- Conducted comprehensive assessments of developmental, learning, and emotional needs using standardized psychological tools for disability certification.
- Designed and implemented individualized therapy plans for children with Autism Spectrum Disorder, ADHD, Conduct Disorder, and other psychological conditions.
- Developed specialized strategies to address intellectual disabilities and complex behavioral challenges, promoting adaptive skills and functional independence.

Deen Dayal Upadhy Hospital

Consulting Clinical Psychologist

Sep 2024 - Feb 2025

New Delhi, DELHI

- Formulated and implemented therapeutic strategies for individuals with depression, OCD, schizophrenia, substance use disorders, and PTSD.
- Participated in multidisciplinary team meetings to assess patient progress and align treatment plans with clinically defined goals.
- Coordinated care with psychiatrists, social workers, and other healthcare professionals to address complex patient needs holistically.
- Conducted mental health workshops focused on increasing awareness and coping strategies related to depression, addiction, and abuse.

Disha Neuropsychiatric Center

Senior Consulting Clinical Psychologist

Feb 2025 - Present

New Delhi, DELHI

- Conducted psychotherapy sessions for individuals, couples, and families to assess mental health concerns and develop personalized treatment plans.
- Delivered a range of psychometric assessments, including personality, behavioral, and cognitive evaluations, to support diagnostic clarity and intervention planning.
- Provided crisis intervention services for clients in acute distress, including those at risk of suicide, ensuring immediate psychological support and safety planning.
- Supervised psychology interns, enhancing their clinical skills and practical learning through structured guidance and feedback.