



# LAKSHMIRAJ RATHORE

## CLINICAL PSYCHOLOGIST

(License in process)

### CONTACT

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### EDUCATION

#### **Mahatma Gandhi University, Jaipur**

M.Phil. Clinical Psychology  
2022-2024

#### **Amity University, Noida**

Masters in Applied Psychology  
2019-2021 | 7.9CGPA

#### **Lady Shri Ram College for Women, Delhi**

Bachelors in Psychology  
2014-2017 | 78%

#### **Mayo College Girls' School, Ajmer**

2007-2014 | 97.25%

### PROFILE

As a dedicated mental health professional, I bring extensive experience working in rehabilitative and clinical settings, providing compassionate care to individuals, families, and groups.

I specialize in addressing complex cases, including adults with severe psychiatric illnesses, and individuals struggling with addiction and life transitions.

My approach integrates evidence-based techniques such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing (MI) grounded in a trauma-informed, person-centered lens to deliver personalized and collaborative care.

With a strong foundation in psychodiagnostic assessments, therapeutic interventions, and crisis management, I have successfully supported clients through challenges, focusing on relapse prevention, coping strategies, and holistic well-being.

My work emphasizes family involvement, enhancing communication and understanding to foster recovery. Additionally, I have collaborated with multidisciplinary teams in hospital and rehabilitation settings, contributing to interdepartmental liaison efforts to improve integrated care. A lifelong learner, I remain dedicated to refining my clinical skills and advancing mental health advocacy.

### WORK EXPERIENCE

#### **Clinical Psychologist Trainee**

#### **Mahatma Gandhi University of Medical Sciences and Technology**

2022-2024

- Developed advanced clinical skills in assessing and implementing therapeutic interventions for patients with mood and anxiety disorders, schizophrenia, substance dependence, and children with neurodevelopmental and behavioral disorders.
- Conducted comprehensive assessments, including psychodiagnostics for screening and for treatment efficacy at various treatment stages, to ensure accurate diagnosis and tailored care plans.
- Represented the department of Clinical Psychology in various collaborative efforts to enhance interdepartmental liaising and streamline care.

- Additionally, participated actively in initiatives such as 'Mental Health for Doctors' to improve the mental well-being of healthcare professionals.

## KEY SKILLS AND CHARACTERISTICS

- +Solid Written and Verbal Interpersonal Communication
- + Psychological Testing
- +Rehabilitative Counselling
- + Behaviour Therapy for Children and Adolescents
- +Deaddiction Counselling
- +Couples and Family Therapy
- +Group Therapy
- +Life Skills Training
- +Poised under pressure

- Collaborating with critical care, palliative care, gynaecology, paediatrics, and neurology departments, provided pre- and post-testing counselling for HIV patients and offered support to families, including mothers of children with thalassemia.
- Contributed to professional growth through journal presentations and academic seminars.
- Additionally, participated actively in initiatives such as '*Mental Health for Healers*' to improve the mental well-being of healthcare professionals, emphasizing stress management and life skills.

## SKILLS ACQUIRED

- > Clinical Assessment and Diagnosis
- > Psychodiagnostic Evaluations
- > Therapeutic Interventions
- > Patient and Family Counseling
- > Interdepartmental Collaboration
- > Critical and Palliative Care Support
- > Public Speaking and Representation

## Counselling Psychologist

**Door of Hope Rehabilitation and Wellness Centre,  
Chattarpur, New Delhi**

2021–2022

- Gained expertise in managing high-risk cases, providing motivational and cognitive behavior therapy, and organizing group and family therapy sessions for substance-dependent patients and individuals with severe mental illnesses.
- Skilled in crisis management, relapse prevention, and developing coping strategies to support long-term recovery.
- Adept at liaising with psychiatrists and the medical team to ensure comprehensive care, while offering guidance and support to families.
- Additionally, contributed to administrative management, staff training, and sensitization programs to enhance service delivery and patient outcomes, with a focus on fostering rehabilitation and holistic well-being.

## SKILLS ACQUIRED

- > Patient Management
- > Crisis Management
- > Relapse Prevention
- > Collaboration and Liaisoning
- > Administrative Expertise
- > Staff Training and Sensitization
- > Supportive Work Environment Creation

### **Trainee Psychologist**

#### **Amarjyoti Rehabilitation Centre, Delhi**

Jan 2020 - Mar 2020

- Observed and learned from sessions of occupational therapy, speech therapy and early prevention for children with developmental disorders like autism and ADHD.
- The role consisted of obtaining developmental history from parents and conducting assessments.
- Learned techniques under speech therapy involving muscle strengthening and vocalisation.
- Learned about different types of psychometric assessments for intelligence like Binet Kamat Test of Intelligence (BKT) and for social capacities like Vineland Social Maturity Scale (VSMS).

## SKILLS ACQUIRED

- > Observation and Insight into Therapeutic Interventions
- > Developmental History Taking
- > Speech Therapy Techniques
- > Psychometric Assessment Knowledge
- > Early Intervention Strategies for Developmental Disorders

## INTERNSHIP EXPERIENCE

### **Intern**

#### **The Wings Learning Centre, Noida**

August 2019 - October 2019

- Acquired skills through observation of speech therapy sessions and learned the application of

various techniques of Applied Behavior Analysis (ABA) for children with developmental needs.

- Observed occupational therapy sessions and understood its role in sensory awakening and enhancing daily living skills in children.

### **Intern**

#### **Moolchand Medicity**

July 2017 - September 2017

- Observed case history sessions and actively engaged in play therapy with children experiencing learning disabilities.
- Worked under the guidance of Dr. Jitendra Nagpal and senior psychologists in the Women and Children Cell, gaining hands-on exposure to therapeutic approaches and psychological assessments.

### **RESEARCH WORK**

**M.PHIL.** : Mahatma Gandhi University, Jaipur

- **Dissertation** : *Exploring Cognitive Functions in Young Adults with Substance Dependence: A Comparative Study*

**POSTGRADUATE** : Amity University, Uttar Pradesh

- **Dissertation** : *Relationship between Sociocultural Influences, Body-Esteem and Body-Enhancing Behaviours among Young Indian Men.* March 2021

- **Research Paper** : *The Role of Socio-cultural Influences on Body Image, Self-Esteem and Body Enhancing Behaviours among Adult Males.* September 2019

**UNDERGRADUATE** : Lady Shri Ram College for Women, Delhi

- **Research Project** : *The Effect of Child's Intellectual Disability on Parental Relationship.* April 2017
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### **VOLUNTEER WORK**

**Niveda Foundation, Delhi**

Jan 2020- Feb 2020

- Volunteered there to teach children from class nursery to class fifth and conduct workshops that deal with issues beyond the classroom such as on 'Cultivating Life Skills'.
- This workshop touched upon the topic of personal hygiene as well as building emotional skills such as empathy.

**Rotaract Club of Delhi Central - Membership Development Committee Chair**

July 2016-July 2017

- Undertook various sustainable projects for the club including afforestation, blood donation camps, winter clothes distribution drive and spreading awareness about sanitary pad vending machines.
- Focussed on attracting members to the rotary project and enhance the community building spirit.

**National Service Scheme, Delhi**

Jan 2014- Feb 2015

Volunteered under teaching underprivileged students programme and conducted various awareness workshops relating to personal hygiene, safety and sexual health.

**Global Volunteer, AIESEC Leadership Development Experience, Russia.**

Nov 2016-Jan 2017

Conducted various cultural exchange initiatives for students aged between 8-17 years in St.Petersburg, Russia. Learned how to utilise modern technology in aiding learning for children facing developmental disorders.

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