



# ISHIKA BANSAL

COUNSELLING PSYCHOLOGIST

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## PROFILE

Dedicated and compassionate aspiring Counseling Psychologist with a strong foundation in psychological theory, assessment, and therapeutic techniques. Eager to contribute positively to the mental health field by providing empathetic support and guidance to individuals facing diverse challenges. A genuine passion for helping others achieve their full potential and improve their overall well-being, committed to continuous learning and professional development to better serve clients and make a meaningful impact in their lives.

## INTERNSHIP

<b>SPYM ( BE YOUR OWN LIGHT )</b> <b>JUNE 2023- JULY 2023</b>	<ul style="list-style-type: none"><li>• Conducted psychological assessments of CCL (Children in conflict with law)</li><li>• Individual counselling sessions</li><li>• Group and family counseling sessions</li><li>• Life skills and literacy sessions with CCL (Children in conflict with law)</li></ul>
<b>SHIKSHA FOUNDATION</b> <b>FEBRUARY 2023- MAY 2023</b>	<ul style="list-style-type: none"><li>• Coordinated with volunteers who were involved with projects undertaken by the NGO</li><li>• Educated local community residents about health and wellness resources</li><li>• Educated children living in slum areas of Delhi</li></ul>
<b>SILENT DOOR- UNLEASH YOUR MIND</b> <b>FEBRUARY 2023- APRIL 2023</b>	<ul style="list-style-type: none"><li>• Identification of client problems</li><li>• Learnt behavioral modification techniques and other intervention strategies</li><li>• Learnt how to terminate a session</li></ul>
<b>ZENTERED MINDS</b> <b>OCTOBER 2022</b>	<ul style="list-style-type: none"><li>• Basics of expertise art therapy</li><li>• Skilled in questioning to a client</li></ul>
<b>DR. HEALTH CLINIC</b> <b>MAY 2022- JULY 2022</b>	<ul style="list-style-type: none"><li>• Observed psychiatric cases</li><li>• Learnt about MSE</li></ul>
<b>PHERO (Public Health Empowerment And Research Organization )</b> <b>MAY 2022- AUGUST 2022</b>	<ul style="list-style-type: none"><li>• Conducted assessments on inmates</li><li>• Interacted with inmates</li><li>• Follow-up sessions were taken</li></ul>

## EXPERIENCE

### VQURA CHILD DEVELOPMENT SERVICES ( MAY 2024- Currently Working)

1. Conducting psychological assessments such as Intelligence Scale, VSMS, Gazell
2. Organization related to special needs such as ADHD, Autism, and behavioral difficulties
3. Dealing with children who have behavioral difficulties, social skills issues, stubbornness, less attention etc.

## EDUCATION

M.A Counseling Psychology	Amity Institute of Psychology & Allied Sciences (AIPS)	Amity University Noida	2024	7.89
B.A(H) Applied Psychology	Amity Institute of Behavioural & Allied Sciences (AIBAS )	Amity University Haryana	2021	7.41
XII	Arvind Gupta DAV Centenary Public School, Model Town-III	CBSE	2018	76.2%
X	Arvind Gupta DAV Centenary Public School, Model Town-III	CBSE	2016	6.4

## EXTRA CURRICULARS

- Participated as Campus Ambassador for Silent Door- Unleash your mind
- Attended Mental Health Fiesta organized by Mental Health Foundation
- Certification for completing the NPTEL Exam in Great Experiments in Psychology

## TECHNICAL SKILLS

- Empathetic
- Non- Judgmental
- Good listener
- Passionate
- Good communication skills
- Innovative
- Quick learner
- Patient

## PERMANENT ADDRESS

A-11, Neelkanth Bhawan-1, Sant nagar, Burari, Delhi-84

DOB: 22/06/2000