

Vaishali Arora

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Objective	An enthusiastic, skilled, and well-motivated Clinical Psychologist seeking an opportunity that offers room for skill development, clinical research, and career progression.
Education	<p>M.Phil in Clinical Psychology (RCI Licensed) from SGT University, Hospital and Medical College September 2021 – July 2023</p> <p>Role requirements include working with a multidisciplinary team, attending to inpatients and outpatients of all ages for their treatment including patient intake, psychological assessments, and providing therapy sessions from various schools – behaviour therapy, cognitive therapy, mindfulness-based therapies, dialectical behaviour therapy, motivational enhancement therapy, crisis management, among others.</p> <p>Master’s in Psychology Honours – Vasanta College for Women, Banaras Hindu University (2018-2020)</p> <p>Dissertation on “Relationship between Procrastination and Perfectionism among College Students” under the guidance of Dr. Seema Srivastava, HoD, Vasanta College for Women, BHU.</p> <p>Bachelor’s in Applied Psychology – Sri Aurobindo College (Eve.), Delhi University (2015-2018)</p> <p>Conducted Participatory Rural Appraisal Research in March 2017 concentrating on the Effects of Demonetization in Mandal and Masreh village of Dharamsala, Manali.</p>

Experience	<p>Internship at Dr. Ram Manohar Lohia Hospital, New Delhi July – August 2019</p> <ul style="list-style-type: none"> • Attended to patients on an outpatient basis under the supervision of experienced clinical psychologists. • Application of psychometry, such as WAIS IV, MISIC, VSMS, NIMHANS index of SLD. • Performing initial patient's and primary care giver's interview and building case study/history. <p>Observership at Max Super Speciality Hospital, Saket, New Delhi 1 month w.e.f August 2017.</p> <ul style="list-style-type: none"> • Observed counseling sessions conducted by the Counselling Psychologist and Sr. Psychiatrist. • Counselling and administered JPMR on cancer patients under the guidance of a Psycho-oncologist. <p>Externship at Fortis Escorts, Okhla, New Delhi 5 days w.e.f 29th March 2017.</p> <ul style="list-style-type: none"> • Prepared a workshop on stress management for hospital employees.
Activities	<ul style="list-style-type: none"> • Presented a research paper in 49th National Annual Conference of Indian Association of Clinical Psychologists held in SGT University. • Volunteered in organizing and conducting elementary education classes for slum/street children through Umeed Organisation (NGO) for 2 months. • Organised a debate competition "Challenging the Layman's Myths", in Psychedelia, annual fest of Department of Applied Psychology, SAC (Eve). • Trained for 10 years in professional art and painting class w.e.f 2003.
Skills and Abilities	<ul style="list-style-type: none"> • Having an empathetic and informed outlook to a patient's concerns. • Interpersonal and communication skills. • Case history, mental status examination, and case conceptualization. • Psychometric testing and assessments. • Psychotherapeutic management of psychiatric disorders. • Queer affirmative.
Language proficiency	<ul style="list-style-type: none"> • Hindi (Spoken and written) • English (Spoken and written)

