

# Avleen Kaur

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## PROFESSIONAL SUMMARY

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In my practice, I follow an eclectic approach, using techniques and methods based on the needs of the client while providing supportive strategies to enhance their adaptive skills. Additionally, I aim to create a safe and non-judgmental environment, helping individuals build insight, and acknowledge and accept their emotions and feelings.

## EDUCATION

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- **RCI Licensed- Professional Diploma in Clinical Psychology | AUGUST 2023 – AUGUST 2024**  
Shree Guru Gobind Singh Tricentenary University (SGT), Gurgaon, Haryana
- **Master of Arts in Clinical Psychology | JULY 2021 – JULY 2023 | CGPA 7.9/10**  
Amity Institute of Psychology and Allied Sciences, Noida
- **Bachelor of Arts in Psychology | JULY 2018 – AUGUST 2021 | CGPA 7.09/10**  
Mata Sundari College For Women, Delhi University, New Delhi
- **Guru Nanak Public School– New Delhi (CBSE) | XII (April 2017 – March 2018)**  
(Humanities- 81%)

## WORK EXPERIENCE

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### **PDCP Trainee - SGT HOSPITAL (Aug 2023 – Aug 2024)**

- Worked in clinical Opd and Ipd of SGT Hospital Gurgaon.
- Conducted Assessments like: IQ assessments (BKT, MISIC, VSMS, DST etc), Projective assessments (Rorschach Inkblot test, Thematic Apperception Test, Sacks Sentence Completion Test etc), Objective assessments (MCMI, BAI, BDI, HAM-A, HAM-D, Y-BOCS, MMPI etc).
- Provided Psychotherapy and counselling.

### **Freelance Counselling Psychologist- Mental Health Peace, New Delhi (Feb 2024- May 2024)**

- Worked as a freelance counselling psychologist and provided various therapy sessions to clients based on their needs and concerns.
- Also, facilitated Case discussion and workshops.

### **Counselling Psychology Intern- Chaitanya Centre for Counselling, New Delhi (May 2023- July 2023)**

- Conducting pro bono sessions under supervision
- Case discussion and supervision training
- Role play

### **Clinical Psychology Intern- The Healthy Mind And Clinic, New Delhi (March 2022 - May 2022)**

- Responsible for history taking mental status examination
- Conducted psychological assessments and tests
- Rapport building and patient in depth interaction
- Observed clinical cases

### **Clinical Psychology Intern- Nidaan Rehabilitation Centre, Bhopal (September 2021- October 2021)**

- Undertook case discussions along with mock therapy sessions
- Trained in DSM criteria for disorders, MSE, Case history method
- Trained in Counseling and therapeutic skills, ethics, active listening and case management.
- Trained through extensive role plays, group discussions and therapy exercises

### **CHEGG Subject Matter Expert - CHEGG INC, New Delhi (October 2021- February 2022)**

- Provided specific knowledge to students about psychology subjects
- Cleared doubts and questions from students
- Worked as freelance experts and ensured information

## **DIPLOMAS/EDUCATION/CERTIFICATES**

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- **Certificate Course in Dialectical Behavior Therapy (May 2023- July 2023)**  
Psycquench, Under the guidance of Ms.Pragati
- **Diploma in clinical hypnosis- Socially Souled (Aug 2022- March 2024)**  
Gained proficiency in various hypnotic induction methods, including progressive relaxation, visualization, and guided imagery. And, utilized hypnosis to assist clients in addressing issues like smoking cessation, weight management, and anxiety reduction.

## **PUBLICATIONS AND PROJECTS**

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Published a Research Paper Titled: "Anxiety and Stress in Adults During COVID-19" (2023)

Published URL: [http://ijrar.org/viewfull.php?&p\\_id=IJRAR23B2847](http://ijrar.org/viewfull.php?&p_id=IJRAR23B2847)

## **EXTRACURRICULAR AND VOLUNTEERING**

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- Contributed as a volunteer at UMEED NGO and got engaged in various social activities to raise funds for people from low socio-economic backgrounds.
- Also, served as a volunteer at DHARMAGYA NGO, an organization focused on the mission to do good to the environment.
- Contributed as a volunteer to the Sahyog Welfare Society, a college campaign dedicated to child safety awareness. Through fostering open dialogue, students' concerns were addressed, and they were taught strategies to identify and respond to inappropriate touch.