

AISHANI PAUL

Clinical Psychologist

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📍 Kolkata, India



SUMMARY

Passionate and dedicated Clinical Psychologist-in-training with over 2 years of supervised experience in delivering evidence-based treatments to diverse populations. Skilled in Cognitive Behavioral Therapy (CBT), mindfulness techniques, psychodynamic approaches, and comprehensive psychological assessments. Specializes in adolescent mental health, family dynamics, and stress management. Proficient in developing individualized treatment plans, conducting both individual and group therapy, and working collaboratively with interdisciplinary teams. Committed to fostering meaningful therapeutic relationships that promote symptom reduction, resilience, and lasting emotional well-being.

EXPERIENCE

Clinical Psychologist

Amity University Kolkata

📅 08/2023 - 06/2025 📍 Kolkata

A private university with a dedicated clinical psychology department providing rigorous M.Phil training through supervised clinical placements, academic coursework, and research.

- Conduct therapy and assessments under supervision
- Specialize in adolescent and family therapy
- Develop coping strategies for stress/emotion regulation

Clinical Psychology Intern

Antara Psychiatric Centre

📅 03/2022 - 04/2022 📍 Kolkata

Community-based psychiatric hospital offering inpatient and outpatient services, specializing in the treatment of severe mental illnesses, substance use disorders, and rehabilitation.

- Conducted intake interviews and administered MMPI, Rorschach, TAT
- Assisted in MSEs and psychotherapy sessions

Psychology Q&A Expert

Chegg

📅 09/2021 - Present 📍 Kolkata

An online education company that connects students with subject matter experts for academic assistance, tutoring, and homework help across various disciplines.

- Answer psychology queries with research-backed explanations

STRENGTHS



Empathetic Listener

Active listener who demonstrates genuine care, resulting in stronger therapeutic alliance and improved patient outcomes.



Collaborative Communicator

Effective communicator who builds strong rapport with patients, colleagues, and interdisciplinary teams resulting in streamlined care delivery.



Evidence-Based Practitioner

Adept at utilizing the latest research and evidence-based interventions to deliver comprehensive and effective treatment plans.

EDUCATION

M.Phil in Clinical psychology

Amity University

📅 2023 - 2025

M.A. in Psychology

Banaras Hindu University

📅 2019 - 2021

B.Sc in Psychology

Calcutta University

📅 2016 - 2019

EXPERIENCE

Clinical Psychology Intern

Fortis Healthcare

📅 07/2022 - 08/2022 📍 Kolkata

A leading multi-specialty hospital chain in India, providing integrated healthcare services including psychiatry, clinical psychology, and behavioral sciences.

- Observed therapy for anxiety, depression, PTSD
 - Assisted in assessments and patient documentation
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Marketing Intern

Internshala

📅 02/2021 - 04/2021 📍 Kolkata

A leading internship and online training platform in India that connects students with employers, offering hands-on opportunities in marketing, tech, and more.

- Promoted internships and increased engagement across platforms

SKILLS

Cognitive Behavioral Therapy

Diagnostic Assessments

Individual and Group Therapy

Treatment Planning

Research and Analysis

Crisis Intervention

Emotional Intelligence

CBT & Mindfulness

Report Writing, SPSS

Trauma-Informed Care
