

PAYAL GUPTA

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SUMMARY

Obtaining a job as a Professional Psychologist/Counsellor in clinical or hospital settings and build upon necessary skills that are essential within the respective industry.

PRACTICAL EXPERIENCE'S AND EXPOSURE

Vohra Neuropsychiatry Centre Pvt. Ltd. | South West Delhi, Delhi

Consultant Psychologist | 07/2024 - Present

- Disseminated reports and briefings for psychological mental health conditions and to drive patient care improvements.
- Conducted patient observations by monitoring behavior and documented physical health, family history and medications in mental health assessment reports.
- Interpret Psychometric testing and observation results.
- Used therapeutic communication techniques to build rapport and guide discussion with patients.
- Implemented sound, peer-reviewed methodologies and interventions to foster psychological health.

No Worry No Tension Healthcare Pvt. Ltd. | South West Delhi, Delhi

Consultant Psychologist | 07/2024 – Present

Taking Case Histories ,Conducting Mental Examination (MSE) and Mini Mental Examination (MMSE).

- Observation and Administration of various Psychological Tests for adults and children such as IQ Test. Projective Test, Personality Test & Addiction Scales Directly
- Basics of psychotherapeutics and Counselling skills (Hybrid mode)
- Psycho-education for the clients their families
- Psychological First AID and Stress Management Skills
- Applied Techniques of CBT in therapy sessions in various mental health conditions

Jagruti Rehabilitation Centre | Noida , Uttar Pradesh

Psychologist | 04/2024 - 07/2024

- Taking Case Histories, Conducting Mental Examination, Observation and administration of various psychological tests under the supervision of Psychiatrist by taking one-on-one therapy sessions.
- basics of psychotherapy and counseling skills. Psycho-education for the clients and their families for IPD & OPD Patient's.
- Psychological First AID and Stress Management.
- Applied Techniques of CBT, Mindfulness and relaxation techniques are used in therapy sessions for various mental health conditions.

Psychowaves - Advance Psychological Services | Ludhiana , Punjab

Clinical Psychology Intern | 07/2023 - 01/2024

- Taking Case Histories ,Conducting Mental Examination (MSE) and Mini Mental Examination (MMSE).
- Observation and Administration of various Psychological Tests for adults and children such as MCMI, Rorschach Ink Blot Test, OOWS, COWS, 16PF, Bhatia battery , IQ Test , PDST etc. under supervision of clinical psychologist.
- Direct Observation of Therapy Sessions under Dr. Tarlochan Singh , Chief Consultant and Head of the Department of Behavioral Health.
- Basics of psychotherapeutics and Counselling skills
- Psycho-education for the clients their families
- Psychological First AID and Stress Management Skills
- Learnt and Applied Techniques of CBT in therapy sessions in various mental health conditions.

Tapasya Foundation– Rehabilitation and De-Addiction Centre | Noida, Uttar Pradesh

Clinical Psychology Intern | 06/2022 - 07/2022

- Completed Summer internship as part of partial fulfillment of Masters of Psychology
- Got familiar 12-step program for addiction recovery designed by Alcoholics Anonymous.
- Live group observations and sharing sessions.
- Conducted various therapeutic activities for inmates of centre.
- Basics of Counselling Skills.

Jagruti Rehabilitation Centre | Noida, Uttar Pradesh

Clinical Psychology Intern | 03/2022 - 05/2022

Observed Following cases :-

- Personality Disorder , De-addiction, Mania ,Mindfulness ,Mood disorder, OCD, Schizophrenia, Schizophrenia
- Types, Substance Abuse, Suicidal etc
- Observed and assisted Psychiatrist and Clinical Psychologists conducting various psychiatric and psychological procedures.

Psychowaves | South West Delhi, Delhi

Intern Psychologist | 10/2021 - 10/2021

Get Orientation of the various applied filed of psychology including clinical and counselling include nature of work ,basics procedures and techniques

Fortis Hospital | New Delhi, Delhi

Intern Psychologist | 06/2020 - 07/2021

- Intern Psychologist - Delhi, New Delhi & India
- Clinical psychology (50 hours-Internship) ,(July, 2020)
- overview of clinical psychology , psychotherapies , basic of Trauma therapies, etc. Other programs Attended by Fortis Health care:- (June,2021)
- Learnt Basic introduction to psycho-oncology , 3 - Day program.
- Learnt Basic introduction on school of psychology , 2 - Day program.
- Learnt Basic introduction on positive psychology , 2-Day program.
- learnt introduction to Rorschach Inkblot test , 3 -Day program.

Academic Qualification's

OPJS University | Churu, Rajasthan

Special Education | 11/2024

- **A.D.C.G.C** (Advance Diploma in Child Guidance & counselling)- **RCI** (Rehabilitation Council of India)

MA Clinical Psychology | Noida, Uttar Pradesh

Amity Institute of Psychology & Allied Sciences | 07/2023

- DISSERTATION TOPIC DURING MA (PSYCHOLOGY):
- Analysis a research paper in bachelor topic- alcohol consumption.

BA(Honors) Psychology | Greater Noida, Uttar Pradesh

Shardha University,School Behavioural Health & Sciences | 08/2020

- Write Several Research Report and conduct Survey Interviews during the BA tenure

Higher Secondary Education | New Delhi, Delhi

Rainbow English Sr. sec school | 05/2018

- Secured 60% in CBSE (Science with Biology).

High School Examination | New Delhi, Delhi

Rainbow English Sr. sec school | 05/2016

- Secured 8.7 CGPA (on a scale of 10).
- Attend webinar in National Commission for women India.
- Had NCC camp in 7 girls BATTALION by NATIONAL CADET CORPS .

RESEARCH PUBLICATION AND WORKSHOP's

- Published a Research Paper in IJIP (The International Journal of Indian Psychology)
- Attended the Mental Health Festival organized by Mental Health Foundation of India (MHFI) in collaboration with the Dept. of Psychiatry, AIIMS held at AIIMS, New Delhi.
- Attended three days workshop on Rorschach ink blot test conducted by Prof. Dwarka Pershad.

BEHAVIORAL SKILL'S

Communication skills, Time management, Assessing psychometric tests, Eagerness to learn and grow in various environments, Diligent and dedicated professional with team working, Ability to empathize with a wide range of people, Excellent critical thinking and analysis skills, Active listening skill and an avid multitasker, Strong communication abilities including written and oral, Ability to cope with emotionally demanding situations, Higher developer research abilities, Assessing client's behaviour and needs via observation.

Technical Skill's

Microsoft Office, Report Writing, creating effective presentation, Well versed with basic of computer, Internet Skills.

CO-CURRICULAR ACTIVITIE's

Actively participated in School sports teams, Talent shows, Writing competitions, debates, mock trials, , drawing competitions, and theater performances , etc.

LANGUAGE'S

English, Hindi, German - Beginner's Level, Punjabi