

Swati Agarwal

Clinical Psychologist

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WORK EXPERIENCE

Tulasi Healthcare, Gurgaon — Consultant *Clinical Psychologist*

July 2024 - Present

- Conduct psychological assessments and develop individualized treatment plans.
- Provide therapy to clients struggling with addiction, anxiety, depression, and other mental health conditions.
- Collaborate with multidisciplinary teams to ensure holistic care.
- Conduct psychoeducation sessions for clients and families.

INTERNSHIPS

I Am Wellbeing, Noida — *Internship*

JANUARY 2021 - APRIL 2021

Focused on children's trauma needs and facilitating online Social Emotional Learning sessions.

P.E.A.C.E Solutions, Delhi — *Internship*

JANUARY 2020 - MARCH 2020

Gained insights into Psychiatric Case History taking, Mental Status Examination, assessments, and interventions in clinical psychology.

PsyIndia, Delhi — *Internship*

SEPTEMBER 2019 - NOVEMBER 2019

Observed patients with neurodevelopmental disorders, their assessments, and symptom management interventions.

SKILLS

Psychotherapy

Psychological Assessment

Personality Assessment

Neuropsychological
Assessment

Counseling

THERAPY COMPETENCE

OCD

Substance Use Disorders

Mood Disorders

Phobias

Anxiety Disorders

Behavioral Problems

Adjustment difficulties

UGC NET QUALIFIED

JUNE 2023

GATE QUALIFIED

FEBRUARY 2023

LANGUAGES

Hindi & English

EDUCATION

Institute of Mental Health & Hospital, Agra — M.Phil Clinical Psychology (1st Rank Holder)

DECEMBER 2021 - DECEMBER 2023

Amity University, Noida — M.A. in Clinical Psychology

AUGUST 2019 - AUGUST 2021

University of Calcutta, Kolkata — B.Sc. in Psychology

JULY 2015 - JULY 2019

RESEARCH WORK & PUBLICATIONS

Published in SIS Journal of Projective Psychology & Mental Health, 2024— *Family Conflict in Dysthymia and preoccupation with unusual bodily sensations: A case study with the help of Somatic Inkblot Test and Sack's Sentence Completion Test.*

M.Phil. Dissertation, 2023— *Childhood Trauma and its relationship with Cognitive deficits and Emotional Dysregulation among patients with schizophrenia.*

M.A. Dissertation, 2021— *Psychological Distress, Coping Strategies and Perceived Social Support among Frontline and Non-Frontline workers during COVID-19.*

CONFERENCE PRESENTATION

Paper Presentation at 50th National Annual Conference of Indian Association of Clinical Psychologists, 2024— *Effectiveness of Mindfulness Based CBT for Dysthymia & Preoccupation with unusual bodily sensations and bodily hair- A Case Study*

PROFESSIONAL STRENGTHS

- Proficiency in psychological assessments and diagnosis.
- Interpretation of Rorschach Inkblot Test by Exner and Beck system.
- Skilled in Cognitive Behavior Therapy and Dialectical Behavior Therapy
- Psychoeducation facilitation for clients and their families
- Experience in Addiction Counselling and Rehabilitation

