

**RUPIKA YADAV**

**COUNSELLING PSYCHOLOGIST AND PSYCHOTHERAPIST**

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**CAREER OBJECTIVE**

To apply my skills and expertise in diagnosing, handling, counselling and providing support to patients who are going through emotional, interpersonal and psychological struggles.

**EXPERIENCE**

**Doctor’s Hub, 2022- April 2024**

* Evaluated patients mental health and used various relaxation techniques like biofeedback, guided imagery, body scan etc
* Conducted detailed clinical interviews and documented results

**Venkateshwara Hospital, 2021- November 2022**

* Developed treatment plans based on patient’s psychological problems
* Evaluated patients mental health through interviews, observations and case histories
* Explained patients and families about treatment procedures

**Neuropsyche Centre, Dwarka**, November 2020- April 2021

* Review assessments to identify learning, social, psychological and cognitive challenges.
* Counsel children and adolescents to overcome emotional, academic, social or behavior difficulty
* Conduct case history and Assessments of the patients
* Used imaging and relaxation techniques to develop strengthening and safe zones to facilitate processing of trauma.

**INTERNSHIPS**

* Three months internship in Venkateshwar Hospital in Dwarka, November'20
* Three months internship in Manipal Hospital in Dwarka, November'20
* Interned at the department of psychiatry, Sir Ganga Ram Hospital, June'17 and May'18
* Undergone one month clinical training in Lady Hardinge Medical College, New Delhi
* Training at Moolchand Medcity, New Delhi
* Participated in International Adolescent Summit-2016
* Attended the hands on Intensive training program on operationalizing the protection of children from sexual offences act 2012 in schools and Emerging Challenges in Bullying

**CERTIFICATIONS**

 **.** Certificate Course in Counselling and Psychotherapy, April 2021-July 2021

* Online Certificate course of School Counselling, July'20
* Behavioral Science course emphasizing on various Behavioral Skills: Self development and interpersonal skills, professional competencies and career development, Conflict resolution and management, Leadership and Managing excellence, November'19

**WORKSHOPS**

* Participated in a workshop on Art Based Therapy/Expressive Arts Therapy/ Play Therapy, October'2015
* Certificate in Cognitive Behavior Therapy (CBT) Level-1
* Trained in Couple Therapy, July'18
* Research Methods Workshop, July'18

**PRESENTATION**

Presented Poster Presentation at 42nd Annual Conference of Indian Psychiatric society organised by Lady Hardinge & Smt S.K. Hospital, Oct'17

**PUBLICATIONS**'.

* Published paper on the topic-' The effect of Occupational stress on coping and lifestyle of government and private school teachers' in International journal of Advance & Innovative Research'.

**RESEARCH**

Comparative Study- The effect of Occupational stress on coping and lifestyle of government and private school teachers.

**COMMUNITY SERVICE/ VOLUNTEER**

* Actively participated in collecting funds for the tsunami, and collected money for SOS children's village.
* Udayan Care, NGO

**KEY SKILLS**

* Expertise in diagnosing, identifying, and treating various psychological conditions.
* Expertise in collecting patient information through interviews, observations, tests.
* Profound knowledge of psychological disorders and conditions and their treatments
* Great communication and writing skills needed in drafting and giving reports
* Ability to work with a team of psychologists and doctors
* Understanding of all types of assessments and testing used in psychology
* Building Rapport with clients
* Empathetic

**SKILL HIGHLIGHTS**

* Individual Therapy
* Cognitive Behavioral Therapy
* Relaxation Techniques
* Behavioral Intervention
* Neuropsychological Assessment

**ACADEMICS**

**PhD in Psychology (Pursuing)**

**Jamia Islamia University, Jamia Nagar**

Post Graduate diploma in guidance and counselling (2021-2022) (1st Division)

**Amity University, Noida**

Masters in Clinical Psychology 2019 (1st Division)

**University of Delhi, Delhi**

B.A. (H) in Psychology 2017 (1st Division)

**PERSONAL DETAILS**

**Date of Birth**: 06 October 1994

**Email ID: 06rupika10@gmail.com**

**Nationality**: Indian

***Rupika Yadav 02/April/24***

Declaration- I hereby declare that all the information given above is true to the best of my knowledge and belief.