



AAYUSHI AGARWAL

SUMMARY

Dedicated Clinical Psychologist with a distinguished academic record, including an MPhil Gold Medal and a Junior Research Fellowship award. Experienced in psychological assessment, diagnosis, treatment, and rehabilitation. Conducted over 200 psychological assessments and delivered over 400 hours of evidence-based therapies to diverse populations in multiple settings- outpatient, inpatient, community outreach and rehabilitation. Experience in addressing various mental health concerns such as stress, anxiety and mood disorders, OCD, personality disorders, substance use & other behavioural problems. Committed to an empathetic, non-judgmental, and collaborative approach to enhance client well-being.

SKILLS

- Excellent communication skills
- Psychological assessment & diagnosis
- Treatment planning
- Evidence-based psychotherapy
- Individual, couple and group therapy
- Multidisciplinary collaboration
- Ethical practice
- Multicultural competence

EXPERIENCE

TRAINEE CLINICAL PSYCHOLOGIST

Government Medical College & Hospital (GMCH-32) | Chandigarh |
January 2023 - January 2025

- Conducted over 200 comprehensive **psychological assessments**, including **case history, MSE, IQ, SLD, personality & neurocognitive evaluations**.
- **Conceptualized cases** using psychosocial models, and designed **individualized treatment plans** for clients.
- Delivered over 400 hours of **behaviour therapy and psychotherapy**, including **CBT, ERP, DBT, ACT, IPT, MET and supportive therapy**.
- Delivered **crisis intervention services** to individuals experiencing acute mental health issues.
- Provided **psychosocial rehabilitation** for severe mental illness.

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PORTFOLIOS & PROFILES

- www.linkedin.com/in/aayushi-agarwal-a93220138
- Instagram: psy_pedia

EDUCATION AND TRAINING

Master of Philosophy

Clinical Psychology

Government Medical College & Hospital, Chandigarh

January 2025

- First division with distinction
- **Gold Medalist**

Master of Arts

Psychology

Banaras Hindu University,

Banaras

July 2022

- 9.2 CGPA

Bachelor of Arts Honors

Psychology

Delhi University, New Delhi

November 2020

- 8.59 CGPA
- **Academic excellence award for second position**
- Member of the mental health awareness society 'Aarambh'.

CERTIFICATIONS

- Clinical psychologist (Applied for RCI license)
- **UGC NET JRF Qualified (in first attempt), Nov 2022** (Assistant Professor Certification & Junior Research Fellowship)

PROJECTS

MPhil dissertation: "A

comparative study of psychological symptoms and quality of life in patients with chronic migraine".

LANGUAGES

- Hindi
- English

REFERENCES

References available upon request.

FOUNDER

Psypedia | *Digital Mental Health Initiative* | July 2020 - present

- Provided **online therapy sessions** to diverse clients.
- Offered **online academic consultations** to psychology students on entrance exams and career guidance.
- Developed and led **mental health webinars**.
- Created **psychoeducational content** aimed at bridging the gap between psychological knowledge and accessible mental health support.

INTERN

Fortis Healthcare | *New Delhi* | July 2020 - July 2020

- Participated in 10 webinars covering diverse topics such as **MSE, case history, psychotherapy (CBT, psychoanalysis, third wave therapies), & trauma counselling**.
- Delivered **10 assignments, in-depth critical analyses of 7 research papers, and 1 experiential project** titled "Applying Positive Psychology Principles to cope with COVID Lockdown."

INTERN

Youth For Mental Health | *New Delhi* | May 2020 - June 2020

- Participated in webinars in various areas like **geriatric mental health, expressive arts therapy, child & adolescent mental health, LGBTQ mental health**.
- Designed a **mental health promotion and prevention module** on the topic "**Unemployment and self-esteem among transgender population of India**".

INTERN

Action for Autism | *New Delhi* | June 2019 - July 2019

- Organized activities and materials for the classrooms.
- Observed and assisted in **occupational and sensory interventions**.
- Designed a structured motor activity pathway for enhancing sensorimotor skills.