Sakshi Goyal

Clinical Psychologist
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# 🎯 Professional Summary

Compassionate and skilled Clinical Psychologist with over 900 hours of therapy experience in both inpatient and outpatient settings. Proficient in CBT, DBT, MBCT, ACT, and psychometric evaluations. Strong experience in clinical interviews, case formulations, and community-based awareness programs. Dedicated to improving mental health outcomes through evidence-based interventions and research.

# 👩‍⚕️ Professional Experience

M.Phil Clinical Psychology Trainee
Gwalior Mansik Arogyashala | 2023–2025
- Delivered 900+ hours of individual therapy
- Conducted 500+ clinical interviews and mental status exams
- Performed 250+ psychological assessments
- Developed rehabilitation plans for patients with schizophrenia, delusional disorders, and intellectual disabilities
- Presented 100+ case formulations in multidisciplinary team settings
- Led psychoeducational sessions on suicide prevention, addiction, and child/adolescent mental health
- Guest Speaker at Nasha Mukti Program, Police Training Centre, Gwalior

Clinical Psychology Intern
Fortis Healthcare
- Completed a 22.5-hour structured online clinical internship
- Participated in diagnostic assessments and therapy observation

Clinical Psychology Intern
Counsel India (Virtual)
- Completed online training with focus on clinical techniques

Clinical Psychology Intern
IHBAS, New Delhi
- Two-month hands-on internship focusing on assessment and diagnostics

# 🎓 Education

M.Phil in Clinical Psychology
Gwalior Mansik Arogyashala
- First Year: Passed with Distinction
- Second Year: Ongoing
- Dissertation: Prevalence, Contributing Factors, and Personality Traits Associated with Substance Use Among Young Females

M.Sc. in Applied Psychology
Manav Rachna International Institute of Research and Studies
- 1st Sem: 88.2% | 2nd Sem: 88.7% | 3rd Sem: 94.8%

B.Sc. (Hons.) Nursing
Rajkumari Amrit Kaur College of Nursing (Delhi University)
- 73.05%

12th Grade (PCB with Maths)
Mani Ben Patel Bhartiya Mahila, SKV – 84%

10th Grade
Shashi Public Senior Secondary School – CGPA 9 (85.5%)

# 🛠️ Key Skills

Therapies & Interventions
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Acceptance and Commitment Therapy (ACT)
- Marital & Sex Therapy
- Client-Centered Therapy
- Behavioral Therapy (ADHD, Autism)
- Supportive Therapy
- Solution-Focused Brief Therapy

Psychological Assessments
- MMPI, 16PF, TCI, Rorschach, TAT
- IQ: WISC, MISIC, Bhatia Battery
- Neuropsych: PGI-BBD, WCST, Stroop
- Autism & ADHD diagnostic tools

Software Skills
- SPSS
- Microsoft Excel, Word, PowerPoint
- Google Docs, Sheets, Slides

# 🏆 Achievements & Certifications

- 🥈 2nd Position in TNAI Quiz (Tamil Nadu)
- Online Courses (Fortis): Positive Psychology, School Psychology
- Workshop: Approach to Patients with Liver Hepatitis (ILBS)
- Workshop: Universal Workplace Health Care (Delhi)

# 🌐 Languages

English: Upper Intermediate (B2)
Hindi: Native / Proficient (C2)

# 🎯 Interests

Cycling | Traveling | Dancing | Teaching | Reading