

# SAKSHISAINI

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## SUMMARY

Compassionate and committed Clinical Psychologist (M.Phil.) with experience in psychological assessment, evidence-based psychotherapy, and multidisciplinary case management. Skilled in working with diverse populations including **mood disorders, anxiety, OCD, child and adolescent behavioural issues, and neurocognitive conditions.**

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## WORK EXPERIENCE

### Counselling Psychologist, Lissun

Nov 2022 - Feb 2023

- Provided psychological support and counselling -via offline and online mode- to clients undergoing fertility treatment (IVF) and patients with chronic kidney conditions.
- Collaborated with multidisciplinary teams including nephrologists, fertility specialists, and nursing staff to support patient mental health.

### School Counsellor, RCCE Public School

Jan 2021- March 2022

- As a School Counsellor, my roles and responsibilities included: individual student academic planning and goal setting, connecting with teachers/administrators/families for the success of students, providing them support and guidance for emotion regulation, academic stress and career.

### Counselling Psychologist, Manas Foundation

Sept 2019 - Nov 2020

- Worked at a residential home (Nirmal Chayya), in association with Department of Women and Child Development (Government of Delhi).
- Undertaking life-skills workshops, psychological evaluation and intervention with residents in the form of individual and group counselling sessions, post-restoration and family counselling.

### Counselling Intern, Tihar Jail and Mental health Foundation, India

May 2018 - July 2018

- A joint initiative of MHIF and Tihar Jail- SAMARTHAN-for the betterment of jail inmates by providing them with mental health care: individual/group counselling, conducting awareness workshops.

### Psychology Intern, Max Hospital, Saket

June 2016- July 2016

- Observed clinical interviews, diagnostic assessments, and counselling sessions conducted by licensed psychologists and psychiatrists.

### Volunteer, Chehel-A student's role organization

2015-2017

- Worked for two years with children from low socio-economic backgrounds, focusing on their educational support and personality development.

### Volunteer, Muskaan NGO

2014-2015

- Assisted individuals with intellectual disabilities in their vocational training programs, promoting skill development and independence.

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## EDUCATION

### M.Phil. Clinical Psychology (RCI Recognized)

2023-2025

Amity Institute of Behavioral and Health Sciences (AIBHAS), Noida

- Completed supervised clinical postings across diverse mental health and medical settings, including The Perfect Mind Clinic, Post Graduate Institute of Child Health(Noida), Disha Neuropsychiatric Centre and District Hospital (Noida).
- Thesis: "Exploring Moral Injury and Time Perspective in individuals diagnosed with Substance Use Disorders"

### M.A. Psychology

2017-2019

University of Delhi, North Campus

- In-depth training in psychological theories, clinical assessment and academic coursework.

### B.A. (Honours) Psychology

2014-2017

Lady Shri Ram College For Women

- Graduated with First Division
- Coursework included Abnormal Psychology, Cognitive Psychology, Research Methodology, and Psychological Assessment

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## ADDITIONAL INFORMATION

- UGC-NET QUALIFIED
- Certification in career coaching (Foundation)
- Hands on experience with SPSS(Beginner)
- Academic writing and presentation skills
- Have been awarded Excellence Award from All India Saini Seva Samaj for securing 94% in 12th board.