

An empathetic and dedicated psychologist utilizing my varied experience to improve the mental health outcomes through teaching, research and my practice.

EDUCATION

M.A. (CLINICAL PSYCHOLOGY) | AMITY UNIVERSITY

GATE 2024 (AIR 34) - Psychology

NTA UGC NET - Qualified for assistant professor.

EXPERIENCE

Counseling psychologist

Jagruti Rehabilitation centre | July 2024 - Present

- Over 100 hours of clinical experience providing counseling services to individuals, families, and groups specializing in treating a diverse range of mental health disorders and addiction.
- Proficient in conducting patient assessments, gathering detailed histories, and maintaining comprehensive clinical notes.
- Possessing strong managerial and administrative skills gained through experience managing a rehabilitation center.

Counseling psychologist

Mindspace online platform | August 2024 - Present

- Part time role of counseling individuals specializing in treating a diverse range of mental health disorders.

TRAININGS / INTERNSHIPS

- Trainee psychologist
- Sir Ganga Ram Hospital | July 2023 - October 2023
- Observing psychologists and Psychiatrists in General OPD.

PUBLICATION

First author in "Psychological analysis of crime reporters repoting heinous crimes" in peer-reviewed journal IJRAR.

SKILLS

- Psychotherapy
- Counseling
- Content writing
- Team management
- Time-management
- Public speaking
- Research

- Trainee Counselor & Researcher

National Commission for Women | April 2023 - June 2023

Assisting in review and analysis of the national level researches receiving grant from the central government. Assisting psychologists and professionals in counseling victims of heinous crimes.

- Trainee psychologist

Sir Ganga Ram Hospital | July Observing psychologists and

- Trainee counselor

Anamkaruh | Jan 2023-present

Taking pro-Bono therapy sessions under supervision.

- Special educator Intern

The Wings learning center | 1 June 2022- July 2022

Observing and assisting trainers in speech and occupational therapy for special children.

- Addiction counseling Intern

Sukoon Foundation | March 2022-April 2022

Understanding the nature of addicts and addiction via one-to-one interaction and psycho-education sessions.

- Clinical Psychology Intern

Centre of well being and Research | Oct 2021- Nov 2021

Online workshop with detailed case study analysis

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CONTENT WRITING (3+ YEARS)

- Interviewed and wrote 700+ real-life stories.
- Single-handedly managed collaboration with other pages and politicians for a blog page. (2 years, part-time)
- Marketing and SEO content writing for web sites. (Freelancing)
- Blog writing for brands like MamaEarth, US based Dental care brand, digital marketing agency Vibrant and mental health clinics.
- Freelancer as social media manager.
- Ghostwriting a book on marketing and business management.