

# DR. MANISHA SINGHAL

## PSYCHOLOGIST AND PSYCHOTHERAPIST

✉ mani\_15aug@yahoo.co.in  
☎ +91 98183 84790

### SKILLS

**PSYCHOLOGICAL ASSESSMENT:** IQ Test, EQ Test, Personality Test, ADHD, OCD, Anxiety, Stress, Depression, Learning Disability, Memory

**THERAPIES:** CBT, Solution Focussed Therapy, Psychodynamic Therapy, DBT, Family Therapy, Gestalt Therapy, Dance Therapy, Music Therapy

**COUNSELLING AND MANAGEMENT:** Marital Counselling, Time Management, Lifestyle Management, Substance Abuse and De-addiction, Parental Counselling, Child Abuse, Domestic Violence, Crisis Intervention  
**KRAV MAGA (IUKMF):** Fighter 1, Fighter 2, Fighter 3, Fighter 4, Fighter 5, Warrior 1, Warrior 2

### PROJECTS

INDIAN ASSOCIATION OF  
CLINICAL PSYCHOLOGISTS (IACP)

INDIAN SOCIETY OF CLEFT LIP,  
PALATE & CRANIOFACIAL  
ANOMALIES (ISCLPA & CA)

### EDUCATION

Meerut University      Sept. 1994 to Apr. 1997  
Bachelor of Science Biology 1997

Institute and Psychotherapy and Management Sciences, New Delhi      July 2007 to June 2009  
Master of Schience Counselling and Psychotherapy 2009

Techno Global University, Shillong  
Doctor of Philosophy Clinical Psychology 2013

### SUMMARY

- Dr. Manisha Singhal is one of the most renowned psychologists of Delhi/NCR with more than 12 years of experience in counseling individuals of various ethnic and socio-economic backgrounds. She is attached to various hospitals in NOIDA including Apollo, Indo-Gulf, Metro, and Neo Hospital.
- Being a compassionate and solution-oriented psychotherapist, she is dedicated to providing exceptional care and devising creative treatment plans. Some of her many expertise include Stress and Anxiety Management, Marital Counselling, De-addiction, IQ and Learning Disability, Child, Teenage, and Old-age Issues. She is proficient with psychological tests such as ADHD, IQ and EQ screening, Personality, Memory, OCD, etc.
- She is often invited as a guest speaker at various platforms including MNCs, Webinars, Hospitals, FM, and National Television. She also participates in various conferences and discussions including National Medical Conferences. She is also a lifetime member of the Indian Association of Clinical Psychologists and the Indian Society of Cleft Lip Palate and Craniofacial Anomalies.
- Dr. Manisha is also a member of the International Ultimate Krav Maga Foundation (IUKMF). Krav Maga is an Israeli martial art used by defense forces all over the globe. She is a Krav Maga combat instruction and trains self-defense to civilians as well as paramilitary forces. Being a firm believer in woman empowerment, she gives a special emphasis to self-defense for women.
- Her dynamic personality can be clearly seen in the fact that apart from being a psychologist, she is also a professional dance choreographer and is running her own dance studio (Beats & Rhythm) for the last 20 years. She is professionally trained in Jazz, Contemporary, Ballet, Hip-Hop, Bharatanatyam and is an International Zumba Instructor (ZIN). She is the receiver of many awards and recognitions.

### EMPLOYMENT

<b>APOLLO HOSPITAL</b> Consultant, Clinical Psychologist	Sector 26, Noida Oct. 2011 to Current
<b>METRO MULTISPECIALITY HOSPITAL</b> Consultant, Clinical Psychologist	Sector 11, Noida Feb. 2018 to Current
<b>INDO GULF HOSPITAL</b> Consultant, Clinical Psychologist	Sector 19, Noida Sept. 2012 to Current, Sept. 2012 to Current
<b>MOTHERHOOD HOSPITAL</b> Consultant, Clinical Psychologist	Sector 48, Noida Mar. 2021 to Current
<b>HEALING TOUCH CLINIC</b> Consultant, Clinical Psychologist	Sector 137, Noida June 2016 to Current
<b>HCL AVITAS</b> Consultant, Clinical Psychologist	Sector 18, Noida Jan. 2014 to Mar. 2017
Consultant, Clinical Psychologist	Sector 122, Noida Sept. 2014 to Mar. 2017
<b>OJJUS MEDICARE</b> Consultant, Clinical Psychologist	Sector 40, Noida July 2012 to Dec. 2015
<b>PRAYAG HOSPITAL</b> Consultant, Clinical Psychologist	Sector 41, Noida Apr. 2013 to May 2015
<b>PRAKASH HOSPITAL</b> Consultant, Clinical Psychologist	Sector 33 July 2012 to Aug. 2014
<b>ASHWINI HOSPITAL</b> Consultant, Clinical Psychologist	Sector 51, Noida Sept. 2008 to May 2014
<b>NEO HOSPITAL</b> Consultant, Clinical Psychologist	Sector 50 Feb. 2015 to Apr. 2020