

CURRICULUM-VITAE

ANKITA GHOSH

BG-3/1 Deshbandhu Nagar, Kolkata-700059, West Bengal, India

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OBJECTIVE

Devoted and compassionate psychologist with clinical experience working with individuals of all ages who have psychological problems as well as conducting psychological assessments and providing intervention to achieving mental well-being, seeking to leverage expertise in different therapy and psychological assessment to support clients. Committed to employing evidence-based practices and fostering a safe, supportive environment to facilitate personal growth and healing.

ACADEMIC BACKGROUND

- **BA (hons) Psychology** | Sarojini Naidu College for Women affiliated by West Bengal State university | 2018-2021| Cumulative Grade Point Average (CGPA)- 8.09

- **MA Psychology specialisation in rehabilitation** | Sarojini Naidu College for Women affiliated by West Bengal State university| 2021-2023| Cumulative Grade Point Average (CGPA)- 8.58

Professional Development- Psychotherapy Practical Course

INTERNSHIP

Psychology Internship, 01/11/2022 to 16/11/2022

National Institute for the Empowerment of Persons with Intellectual Disabilities- Bonhoogly, B.T. Road, Kolkata- 700090

- Taking case history, mental status examination of children with neurodevelopmental disorders
- Administered various psychological diagnostic tests Vineland Social Maturity Scale (VSMS), Developmental Screening Test (DST), Binet Kamat Intelligence Test (BKT), Bender Gestalt Test (BGT), Seguin Form Board Test (SFBT), Indian Scale for Assessment of Autism (ISAA), Vanderbilt ADHD diagnostic scale, Malin's Intelligence scale for Indian Children (MISIC),
- Issued appropriate reports
- Recommended suitable and appropriate method of treatment.

Psychology Internship, 08/05/2023 to 02/06/2023

National Institute for the Empowerment of Persons with Intellectual Disabilities- Bonhoogly, B.T. Road, Kolkata- 700090

- Taking case history, mental status examination of children with neurodevelopmental disorders
- Administered behavioural assessment scales for Indian Children with Mental Retardation (BASIC-MR), Vocational Assessment and Programming

System for Person with disability (VAPS), Grade Level Assessment Device for children with learning Problems in school (GLAD)

- Provided required intervention and parental counselling

Psychology Internship, 25/11/2023 to 25/12/2023

Nabajatak Child Development Centre and Apollo Multispeciality Hospital- Salt Lake City, Sector-1, Kolkata-700064

- Case history taking of children with neurodevelopmental disorders
- Administering of Conners ADHD scale, Autism Diagnostic Interview
- Providing early intervention using Child Developmental Model

Clinical Psychology Internship, 01/07/2024 to 15/07/2024

Department of Mental Health and Behavioural sciences, Fortis Healthcare Limited

- Case history & MSE, therapeutic alliance
- Psychological assessment such as Thematic apperception test (TAT), Rorschach inkblot test, Children apperception test (CBT), Beck's depression inventory (BDI-II), Cattell's 16 personality factors test, Draw a person test (DAP)
- Expressive art-based therapy, crisis intervention, cognitive behavioural therapy

SKILLS

- Excellent listening skills
- Able to administer various psychological diagnostic tests
- Familiar with DSM V-TR diagnostic guidelines
- Having skills on cognitive behavioural therapy, dialectic behavioural therapy, psychodynamic psychotherapy, psychoanalytic psychotherapy, mindfulness-based psychotherapy, schema therapy
- Having empathetic and understanding outlook to a patient's concern
- Able to maintain good personal boundaries
- Emotional resilience in the face of distressing situations
- Assisted patients by providing support and encouragement
- Competent at maintaining an updated knowledge from research work and applying it in treatment
- Having research conducting skills
- Presenting skills
- Languages Known: English, Bengali & Hindi

PROJECTS

Research project | 2023

- Conducted research project to study the effect of duration of time spent on playing video games on cognitive abilities and impulsivity among adolescents. The paper in Futuristic Trends in Social Sciences Volume 3 Book 12

**ADDITIONAL
ACTIVITIES**

- Poster presentation on 31st conference conducted by National Academy Of psychology
- Poster presentation in the social outreach program on Disability Awareness
- Member of World Mental Health Care Association
- Member of careernaksha
- Mental health counsellor (Volunteer) at Vandrevalla Foundation