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# ADITI PANDEY

## PSYCHOLOGIST

**Contact no.-** 7376421555

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Sushant Golf City, Sultanpur road,  
Lucknow, UP- 226030

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## EDUCATION

**Master of Arts in Psychology** [Specialization in **Clinical Psychology**] from Indira Gandhi National Open University (**IGNOU**) [2022 to 2024]

Bachelor of Science from Banasthali Vidyapith [2019- 2022]

## WORK DETAILS AND EXPERIENCE

1. **Clinical Psychology Intern** Sanjay Gandhi Postgraduate Institute of Medical Sciences (**SGPGIMS**), **Lucknow**
2. Internship - **Minds healer** - child psychology (for 3 months)
3. Psychologist (Job) [for 8 months] at **Mind Glass Wellbeing**
4. **The Psych Era - Clinical Psychologist** [Providing therapy to people suffering from OCD, Bipolar Disorder, Anxiety and Depression]

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5. Private practice- [Psychology Unplugged](#)

## **Key Learning and Responsibilities:**

Conducted comprehensive diagnostic assessments of patients with mental health disorders

Developed skills in taking detailed clinical history, including:

- Biopsychosocial history
- Mental status examination
- Identifying symptoms and patterns of mental health issues

Gained hands-on experience in administering and interpreting various psychological tests.

Observed and assisted in individual therapy and counseling sessions

Enhanced understanding of clinical psychology principles and practices of counseling.

Intern, Child Psychology (Minds Healer, 3 months)

## **SKILLS**

- Assessment and diagnosis of mental disorders like anxiety, depression, schizophrenia, OCD, bipolar disorder, anxiety.
- Active listening and empathy
- Counseling
- Mental state examination
- Individual therapy
- Cognitive-behavioral therapy (CBT)
- ERP Therapy

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- Psychodynamic therapy
  - Family therapy
  - Crisis intervention and management
  - Treatment planning and case management
  - Cultural competence and sensitivity
  - Effective communication and interpersonal skills
  - Presentation and public speaking skills
  - Report writing and documentation
  - Conflict resolution and negotiation
  - Adherence to ethical principles and standards
  - Boundaries and self-care
  - Confidentiality and record-keeping
  - Cultural competence and social responsibility

## HOBBIES AND ACTIVITIES

- Content writing
  - worked as content writer for a webpage [anthroholic.com](http://anthroholic.com)
  - Here are some of my articles and my [profile](#):
    - [Psychological Anthropology](#)
    - [Culture and society](#)
    - [Social institutions](#)
    - [Marriage and Family](#)
- Social media marketing - worked in a meme marketing company - [youngun.in](http://youngun.in) as an intern.
- Social media marketing intern - [thathappinessproject](http://thathappinessproject)