

# Ankita Raj

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## Professional Summary

Psychologist with a dynamic blend of counseling, behavioral training, and organizational expertise. Experienced in psychometric assessments, counselling, training, and education consultancy. Known for developing innovative solutions to improve individual and organizational performance. Passionate about leveraging psychological principles to enhance recruitment strategies, employee engagement, and talent development.

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## Experiences

### Assistant Child Psychologist, Insighte Childcare, Bangalore, Karnataka, India

November 2024 to present

- Involved in administration of neurodivergent disorders in children.
- Performing Applied Behavioral Therapy in one-on-one client basis.
- Working in team collaboration with education professional and occupational therapist.
- Performing psychological assessments for Autism, Attention Deficit Hyperactive Disorder (ADHD), and other Intelligent Quotient Tests such as Vineland Social Maturity Scale.
- Providing assistance while shadowing teachers and helping neurodivergent children in their academics.

### Trainee Calcutta Pavlov Hospital (Calcutta National Medical College), Kolkata, West Bengal, India

March 2024 to September 2024

- Provided assistance with psychological assessment, administered psychological tests and scoring, documented patients' case history and present mental health conditions under the supervision of licensed clinical psychologists.
- Provided assistance with Therapeutic Interventions such as **cognitive behavioral therapy (CBT)** and individual therapy sessions.

- Interacted with patients, conducted initial interviews, recorded their chief complaints, performed mental status examination and made overall case history.
- Diagnosed and identified disorders on the reference of **DSM 5 TR** and **ICD 10**. And contributed in formulation of treatment plan under the supervision of clinical psychologists.
- Engaged in administrative tasks such as preparing reports, keeping records of patients and undertaking test equipment.
- Contributed to research projects, data collection, analyzing results.

## Trainee, Sawai Man Singh Psychiatric Hospital, (Psychiatric branch of Sawai Man Singh Medical College and Hospital), Jaipur, Rajasthan, India

January 2023 to February 2023

- Involved in administrative tasks such as preparing case reports of patients and conducting follow-ups for patients' well-being.
- Involved with **Psychoanalysis** and **Psychodiagnostics**.
- Performed specific intelligence tests such as **Binet-Kamat Test** and **Vineland Social Maturity Scale**. And other projective tests such as "**Thematic Apperception Test**" and "**Rorschach Inkblot Test**".
- Built strong and trusting professional rapport to support client progress.
- Educated clients/patients on mental health conditions.
- Maintained a high standard in the clinical environment based on clinical guidelines.
- Worked with organized clinical interventions and treatment plans for patients suffering from clinically diagnosed mental disorders such as **Obsessive and Compulsive Disorder (OCD)**.

## Intern, Brain Behavior Research Foundation of India, New Delhi, India

February 2021 to March 2021

- Learned about mental disorders in practical terms.
- Conducted group and individual counselling sessions.
- Examined patients to have better insight about the nature of the psychological disorders.
- Adapted practice to individual circumstances and cultural and social differences.
- Maintained clinical compliance by reviewing patients' histories and preparing appropriate intake documentation such as genogram or family tree.
- Performed basic clinical procedures to administer diagnostic tests such as **Hamilton Anxiety Rating Scale** and **Hamilton Depression Rating Scale**.
- Worked with patients with **Autism Spectrum Disorder (ASD)** and **Attention Deficit Hyperactivity Disorder (ADHD)**.

- Familiarized with specific tests such as “**The Wechsler Intelligence Scale**” for child’s intellectual ability, “**Stanford Achievement Test**” which helps to measure the academic knowledge of element and secondary school students.
- Consulted with other professionals such as Psychiatrists and other counsellors who were specialized in disorders due to terminated illness.
- Empathized with healthcare users to cultivate trusted rapport and communication.
- Gained experience in conducting by assessing cognitive, emotional, and behavioral functions in clinical setting. This involved observing patients’ mood, speech, and thought processes, allowing to develop a solid understanding of psychological disorder. Became proficient in identifying subtle signs and symptoms of mental health issues and making accurate assessments.

## Facilitator, Crejo.Fun, Jaipur, India

April 2021 to January 2022

- Provided a supportive environment and ensuring a safe and nurturing atmosphere where children feel safe and emotionally secure.
- Adopted teaching methods to match the cognitive and emotional developmental stages of the children.
- Promoted positive self-concept in children to build self-confidence and self-esteem through positive reinforcement and personalized attention.
- Acknowledged and responded to children’s emotional cues, promoting social development and emotional regulation.
- This work contributed to enhance cognitive and psychological well-being especially for children.

## Educator, Hobspace, Patna, India

May 2020 to April 2021

- Provided teachings on chess.
- Provided counselling sessions to children to build self-esteem and confidence.
- Provided mental health support to children to manage stress and challenges and motivate them for being a sport enthusiast.
- Assisted children to enhance their performance and taught them mental skills like concentration and coping strategies to improve their performance under pressure.
- Provided counselling to children to navigate career transitions.
- Provided help to children identifying their interests and strengths to match them with potential career paths. This process involved self-assessment tools and discussions to ensure the child gained self-understanding.
- Helping children to set short-term and long-term goals that align with their new career interests while breaking them down into actionable steps.

- Provided encouragement for open communication between the child, their parents and educators to ensure they feel supported during the transition.
  - This role involved breaking down complex psychological ideas into accessible lessons while fostering critical thinking and self-reflection among students.
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## Education

- Postgraduate degree – Psychology /Specialized in clinical Psychology

July 2022 to October 2024

Indira Gandhi National Open University, India

- Dissertation in Psychology

Topic: “Dream Interpretation and its value in self-understanding”

This dissertation explores the role of dream interpretation in enhancing self-understanding and self-awareness. Using a qualitative approach, the research involved sixty-one participants and employed the Mannheim Dream Questionnaire to gather data on general dream related experiences. The study findings reveal that dreams significantly contribute to self-awareness and provide valuable insights into one’s inner world. Through this research, it was demonstrated that dreams are not only beneficial for personal insight but are also crucial component of self-reflection and psychological well-being.

- Graduate with a Bachelor’s degree in Psychology, July 2018 to October 2021
  - Bachelors in Business Administration (BBA), July 2013 to April 2017
  - Member of British Psychological Society.
  - Pursuing postgraduate diploma in mental health.
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## Skills

- Psychological assessment
- Crisis Intervention
- Psychometric Testing
- Research Skills
- Organizational Skills
- Ethical Awareness

- Communication Skills
  - Empathy and Compassion
  - Team Collaboration
  - Cultural Competence
  - Time Management
  - Technological Proficiency
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## Achievements

- Achieved first position under the age of 17 years in Rapid Open Chess Tournament held in New Delhi, 2013.
  - Gold medal in state level Chess championship.
  - Qualified for international level chess championship.
  - Various state and national level awards in chess.
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## Hobbies and Interests

- Reading books of analytical psychology
  - Travelling
  - Journalizing
  - Meditation and Mindfulness
  - Volunteering
  - Strategic games
  - Playing/teaching chess
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## Languages

- English: B2 (Upper-intermediate), Fluent / Proficient / Conversational
- Hindi: Native / Fluent / Advanced
- Bengali: Basic / Fluent