

RUPESH SRIVASTAVA

PSYCHOLOGY INTERN | ASSISTANT PSYCHOLOGIST

CONTACT

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SKILLS

Psychological Assessment and Diagnosis

Counseling and Therapy Techniques

Mental Status Examination (MSE)

Case History Taking

Patient Communication and Rapport Building

Content Creation and Research Skills

Microsoft Office | Canva

EDUCATION

Master of Arts (Psychology)

University of Lucknow, Lucknow, India | [2025]

Bachelor of Arts (Psychology, Political Science, and English)

Deen Dayal Upadhyaya University, Gorakhpur, India | [2023]

CERTIFICATIONS

Art Therapy For Emotional Healing: Exercises and Techniques

Alison Academy
[2024]

Diploma in Cognitive Behavioural Therapy

Alison Academy
[2024]

PERSONAL QUALITIES

Self-motivated and result-oriented.

Leadership qualities.

Team Oriented

Quick Learner

Versatile

PROFILE

Passionate and dedicated final-year Master's student in Psychology with a strong foundation in clinical psychology and counseling. Seeking an Assistant Psychologist/Counselor role to apply my skills in mental health and contribute to a supportive environment for clients. Eager to gain further experience and grow professionally in the field of psychology.

EXPERIENCE

Clinical Psychology Intern

Nirvan Hospital

July, 2024 – August, 2024 | Lucknow, India

- Assisted in taking detailed case histories, conducting Mental Status Examinations (MSE), and performing psychological assessments.
- Participated in both IPD and OPD setups, providing counselling support and planning daily activities for patients.
- Learned and applied various therapeutic techniques under the supervision of RCI licensed clinical psychologists.

Clinical Psychology Intern

Fortis Healthcare

Jul 2024 | Remote, India

- Participated in a 15-day internship as part of the Fortis National Mental Health Program under Dr. Samir Parikh.
- Gained insights into career paths in psychology, ethics, DSM-5TR and ICD-11 diagnosis, clinical interviewing, and therapeutic alliance.
- Explored advanced topics including Psychotherapy, Cognitive Behavioural Therapy, expressive art-based therapy, and crisis intervention.

EXTRACURRICULAR ACTIVITIES

- Active participant in mental health awareness workshops and seminars.
- Volunteer in organizing events focused on promoting mental health literacy.