

ADITI GUPTA

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CAREER OBJECTIVE

Create more mental awareness in people, normalizing therapy.

Trained to take Case History, Mental Status Examination and also attempt to emphasis on cognitive, emotional, and behavioral processes.

Also deals with anxiety, depression, panic attacks, specific-phobias, self-esteem building, childhood-based trauma, parenting styles, attachment styles.

Goal is to help with healing using multiple theories, CBT, DBT, client-based approach, JPRM relaxation and many more

Also to understand with unique experiences, using skills, techniques and required psychological assessments, testing, psychotherapy based on the requirements of Clients.

EDUCATION

02/2023 – 03/2023: Licensing in Art therapy, Avabodha Delhi, India. Percentage: 80% (Certificate Number: AL/2023/B08/AT035)

07/2020 – 11/2022: MA Clinical Psychology, Amity University, Noida, India. CGPA: 8.18/10

(Includes-Forensic psychology, Neuropsychology and Assessments, Rehabilitation, Psycho-oncology, Expressive Art Therapy, Developmental Psychology)

Master's Dissertation: Parenting style and Assertiveness among age group of 18-30.

Supervisor: Prof. Dr. Mamta Mahapatra, AIPS, Amity University.

07/2018 – 06/2020: BSc, Hemchand Yadav University, Bhilai Girls Collage, Chhattisgarh.

Aggregate 69.17% (Recognized Top-5)

04/2013 – 03/2014: Class 12th under CBSE Board (*Central Board of Secondary Education*) from Vishwadeep Senior Secondary School, India. (Convent School) Aggregate 80%

04/2011 – 03/2012: Class 10th under CBSE Board from Vishwadeep Senior Secondary School, India. (Convent School) CGPA: 8.0/10

SCIENTIFIC WORK EXPERIENCE AND PROFESSIONAL AFFILIATIONS

11/23- Present: Counselling Psychologist at Mindhail Delhi, India (Remote) (PART TIME)

With an Orientation and Skill Enhancement built rapport with clients to facilitate a trusting relationship and provide setting conducive to growth. Conducted intake assessments to identify client needs and set therapeutic goals.

10/2023- Present: AI Trainer (PSYCHOLOGY), Soul AI New York, United States (Remote) (PART TIME)

Fine tuning AI models through method such as prompt engineering and reinforced learning, Large Language Models (LLM).

02/2023 – 03/2023: Licensing in Expressive Art Therapy, Avabodha Delhi, India.

Learning Expressive Arts Therapy and assessments such as DAPT, HTP, Mandala, Scribbles, Body Mapping and Color Therapy etc. Based on the client requirement including building rapport to facilitate a trusting relationship and provide setting conducive to growth and conducting intake assessments to identify client needs and set therapeutic goals.

06/2022 – 05/2023: (11 Months) Psychologist at Fortis Heart Institute Delhi, India.

Building rapport with clients to facilitate a trusting relationship and provide setting conducive to growth and conducting intake multiple assessments to identify client needs and set therapeutic goals. **Learn Clinical diagnosis of various mental disorder like bipolar, schizophrenia, OCD, personality based and their treatment strategies.** Took multiple patients interviews and ECC, **counselled moderate to severe patients including international patients**, conducted test from mild to severe like TAT, RORSCHACH and many more based on the requirement.

After attended hours of supervision to develop practical knowledge and abilities. Maintained accurate and to-code record keeping by inputting and updating patient information using MSE. Performed intake by conducting interviews to establish key information, and assessing patients' apparent mental state. Assisted licensed practitioners in diagnosis and treatment of psychiatric conditions. Provided comprehensive case management services, including creating treatment plans and connecting clients and families to appropriate resources.

02/2021 – 03/2021: (60 hours) Intern at WE AVEC U (TRUST) (CLINICAL PSYCHOLOGY)

Building rapport with clients to facilitate a trusting relationship and provide setting conducive to growth and conducting intake assessments to identify client needs and set therapeutic goals with the learning of understanding, diagnosing, treatment plan and prevention of mental illness.

03/2021 – 04/2021: (60 hours) Intern as Volunteer Counselling Psychologist at WE AVEC U (TRUST) (NGO) co-ordinated with other NGOs including Eastson, Saidham in Delhi

Building rapport with NGO's group of people facilitate a trusting relationship and provide setting conducive to growth and conducting intake assessments to identify needs and set therapeutic goals. Including focus is child empowerment, their mental health including stress management, coping with peer pressure and dealing with bullying.

07/2021 – 08/2021: (60 hours) Intern at psycho-man, (NEUROPSYCHOLOGY)

With the learning of Mental Status Examination using Neuropsychology also learned certain Neuropsychology Assessment. Built rapport with clients to facilitate a trusting relationship and provide setting conducive to growth. Conducted intake assessments to identify client needs and set therapeutic goals.

12/2020: (30 hours) Intern at Mind Ease Psychological Service and Wellbeing Centre

With an Orientation and Skill Enhancement built rapport with clients to facilitate a trusting relationship and provide setting conducive to growth. Conducted intake assessments to identify client needs and set therapeutic goals.

TECHNICAL SKILLS

- **Quantitative and Qualitative Methods:** TOOLS and Scales, Outcome Rating Scale, Session Rating Scale, Child Outcome Rating Scale, Child Session Rating Scale, Young Child Outcome Rating Scale, Young Child Session Rating Scale, Child Group Session

Rating Scale, Rorschach Test, MBTI Scale, Work Motivation Questionnaire, Concept Achievement Test, Aggression scale, Bhatia battery test, Thematic Apperception test

- **Soft Skills:**

- Good communication,
- organizational and time management skills,
- observational and report making skills,
- Empathetic professionalism,
- Insight with flexibility and other adaptation skills,
- Leadership and team work skills, goal setting, management using analyzing skills,
- Critical thinking and problem-solving skills using certain ethical rule,
- Good and active listener,
- Investigative individual, interpersonal skills with person-centered approach