

**PSYCHOLOGIST/ HEALTH
PSYCHOLOGIST/ RESEARCHER**

CONTACT

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WEBSITE:

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HOBBIES

Arts and crafts

Dance (Kathak- Indian
classical dance form)

Planning creative activities

Fitness

Dr.Radhika Goyal

EDUCATION

Maryland State University

PhD Psychology -2023

Northumbria University

Newcastle upon Tyne, England, United Kingdom

2017 - 2019

MSc Health Psychology

University of Delhi

New Delhi, India

2014 - 2017

BSc Home Science

Specialization in Human Development

Rukmini Devi Public School

New Delhi, India

High School -2014

Specialization: Medical

Middle school -2012

PUBLICATION

Goyal, R. (2020). Exploring the Changing Health Behaviours of International Students and Impact on Self-Esteem, *ICRP RESEARCH Paper* (15). Retrieved from http://culturalrelations.org/Resources/2020/ICRP_RPS-Goyal-Exploring_the_changing_health_behaviours.pdf

WORK EXPERIENCE

- **Healthy Nudge**
www.healthynudge.in
- **Kochhar Psychiatric Center**
Job title: Counseling Psychologist

November 2019 – 2021

- **Indian Academy of Health Psychology**
Job title: Psychologist in the COVID 19 Task force
May 2019– Present
- **Research Assistant at Harvard University**
June 2020- 2022
Dr. Langer's Lab
- **Psychologist at Mann Yog**
An online platform for psychological services
- **Psychologist at Therapy Route**
An online platform for psychological services
- **Psychologist at DocVita**
An online platform for psychological services
- **Psychology teacher at BitClass**
March 2021- May 2021
Taught Neuropsychology, Hypnotherapy, and Mindfulness.
- **Mentor and psychological counselor at Neurodiver City**

INTERNSHIP

Grip Your Life (U.K.)

Job Title: Researcher

December 2020- February 2021

Developed an A-Z model for Personal Transformation

BetterLYF Wellness (OPC) Pvt. Ltd.

Job Title: Intern Counselor/ Content Developer

December 2019 – March 2020

EXTRA CURRICULAR

- Conducted workshop on anger management in children for Life Skills Social Enterprise. (2021)
- Conducted workshop titled Introduction to Health Psychology, for Psytara an e-learning platform for psychology enthusiasts. (2020)

- Conducted webinars on various topics like stress, sleep, anxiety, diet, and motivation on social media platforms. (2020)
- Program representative at Northumbria University. (2017)
- Student's Union member at Northumbria University. (2017)
- Member of the dramatics society (Navrang) of University of Delhi. (2014)

CERTIFICATES

- Protecting Human Research Participants Certification from Harvard University
- People Studying People: Research Ethics in Society university of Leicester, December 2020
- Mental Health Effects of COVID-19 Pandemic, Harvard Medical School, July 2020
- COVID-19: Psychological First Aid- Public Health England, July 2020
- COVID-19: Helping Young People Manage Low Mood and Depression University of Reading, June 2020
- Managing Mental Health and Stress Coventry University, June 2020
- Supporting Adolescent Learners: Social and Emotional Wellbeing Griffith University, June 2020
- Work-Life Balance and the Impact of Remote Working Coventry University, June 2020
- Introduction to Psychology: Developmental Psychology Monash University, June 2020
- Beyond Genes: Epigenetics, Environment, and Health. The Jackson Laboratory, June 2020
- Clinical hypnosis California Hypnosis Institute, 2019

- Each One Teach One program
University of Delhi, 2016
- Early childhood and Development
University of Delhi, 2016
- 3-D Printing
3-D Dexter, 2017

SKILLS

Technical Skills:

- MS Office
- IBM SPSS
AMOS
- 3-D Printing

Research Skills:

- Qualitative analysis
- Quantitative analysis
- Systematic review
- Literature review
- Data collection
- Critical Analysis

Other Skills

- Time management
- Leadership
- Good Communicator
- Excellent listener
- Grit
- Dedication
- Analytical thinking skills
- Creative thinking skills

Languages

- Hindi (native language)
- English (IELTS Grade C1)
- Learning Spanish