

ASMITA BIJLANI

PSYCHOLOGIST, EXAT-P

PROFILE

Psychologist with Post-Graduate degree in Clinical Psychology and PG Diploma in Expressive Arts Therapy. Experience of undertaking mental health counseling, various therapeutic modalities, working, and volunteering at several mental health service platforms and organisations. Received training at established institutions and clinics. Has a practical and research oriented approach. Enthusiastic to learn and serve in mental health awareness and social work areas. Keen interest in psychotherapeutics, creative arts, wellness and mindfulness. UGC-NET Qualified.

CONTACT

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SKILLS

Multimodal Approach

Relationship Building

Counseling Skills

Team Work

Verbal and Written Communication

Computer Skills – MS Word, MS Excel,

Canva

Creativity

Problem Solving

EDUCATION

Post-Graduate Diploma in Expressive Arts Therapy, St. Xavier's College, Mumbai
2022 – 2023

Training as an Expressive Arts Therapy Practitioner with over 100+ hours of direct client contact, alongside training and full-time coursework. Intermodal approach based in dance-movement, drama, music and visual arts.

Master of Arts: Applied Psychology, Jamia Millia Islamia
2020 – 2022
Post Graduate Degree with specialization in Clinical Psychology

Bachelor of Arts: Psychology, Kamala Nehru College, University of Delhi
2017 – 2020
Secured 8.243 CGPA in First Division
Elected President of Western Music Society (Band)
Received award for contribution to Western Music Society

Schooling: Springdales Public School, New Delhi
2003-2017
CBSE Boards XII – Best of five 95.5%
CBSE X – CGPA 10/10
CBSE XII school topper for Informatics Practices
Academic Prize winner class IX-XI

WORK EXPERIENCE

Psychologist and Expressive Arts Practitioner: WellEm (Freelance)
11/23 – Present

- Taking one-on-one online therapy sessions with clients through the WellEm app
- Onboard as a mental health professional

Psychologist: EmoAid Wellness Centre (Full-time)
09/23 – Present

- Working as a psychologist and expressive arts therapy practitioner in a mental health setup
- Working one-on-one with adolescents and adults on with various clinical concerns in therapy sessions
- Managing and executing outreach initiatives around mental health
- Back-end support for community projects and outreach programs
- Contributing to research work, data analysis and academic development
- Contributing to creative and design related tasks

Expressive Arts Therapy Intern: Dignity Foundation
05/23 – 07/23

- Worked with groups of elderly women at a day care centre
- Designed and executed expressive arts-based therapy sessions
- Assessed group and individual needs

ACCOMPLISHMENTS

- Award for contribution in Western Music Society (Band) at Kamala Nehru College
- Certificate of recognition as 'Ambassador for Change' at Psyfi: For a Healthy Mind
- Certificate of Appreciation for music therapy volunteer at Ashwin Maharaj Foundation at AIIMS, Delhi
- Rotary Interact Club Directory at Springdales School, 2016-17.

Expressive Arts Therapy Intern: Kshitij Foundation

05/23 – 07/23

- Worked with groups of adults with developmental delays and intellectual disabilities
- Designed and executed expressive arts-based therapy sessions
- Assessed group and individual needs

Trainee Practitioner

05/23 – 07/23

- Undertook telehealth based counseling and expressive arts sessions for individuals
- Employed a blend of psychotherapy and expressive arts using different modalities
- Facilitated sessions with techniques from music therapy, DMT, art therapy and drama therapy

Trainee: Wellness Within

02/22 – 05/22

- Working under supervision of mental health professionals
- Training in various forms of therapeutic modalities
- Undertook clients for counselling under supervision

INTERNSHIP/OBSERVERSHIP EXPERIENCE

Intern: Wellness Within

10/21–10/21

Basics of therapeutic modalities (ACT, SFBT, DBT)

Psychological First Aid

Case Formulation

Student Intern: Delhi Mind Clinic, New Delhi

09/21–10/21

Observation of clinical cases, case discussions

Training in diagnosis and management of psychological disorders

Intern: Wellness Within, CBT Internship

07/21–08/21

Basics of Cognitive Behavioural Therapy

CBT worksheets and case formulation

Case History and Mental Status Examination

Summer Intern: Fortis (Online)

07/21–07/21

Clinical presentation and management of psychological disorders

Intern: Positive Insight, New Delhi

11/20–12/20

Understanding clinical presentation and management of psychological disorders using case discussions and role playing

Brief on Psychological Testing

Student Intern: Delhi Mind Clinic, New Delhi

06/19–07/19

Trained under mental health professionals in a clinical setup

Undertook observership and case discussions

Observership: Sir Ganga Ram Hospital, New Delhi

06/18–07/18

Observation and training under Department of Psychiatry

CERTIFICATIONS/COURSES

UGC-NET Qualified (2023)

Psychological First Aid, John Hopkins University (Coursera)
De-mystifying Mindfulness, University of Leiden (Coursera)
3 Month Course on Mental Health in Cinema

VOLUNTEERING AND COMMUNITY CONTRIBUTION

- Volunteered at Ashwin Maharaj Foundation for Music Therapy Sessions at cancer ward in AIIMS, Delhi
- Volunteered at Our Voix Foundation, New Delhi for event on child abuse prevention
- Member of National Service Scheme (NSS) at Kamala Nehru College
- Ex-coordinator of Rotary Interact Club at Springdales School
- Ex-Director of Rotary Interact Club at Springdales School
- Participated in various Each One Teach One programs
- Volunteered as a scribe for students with special needs and organised various ration distribution, blood donation and literacy drives