



# Ashna Gupta

Clinical Psychologist

## EXECUTIVE SUMMARY

Over a **6-year career** in the field of mental health, working in the northern region of India, Ashna has played an essential role in providing mental health services to **children, adolescents, and adults** in need of rehabilitation and psychological education. The motto that has driven her work all these years in psychology hasn't changed: Paying close attention to needs of clients, spotting behavior patterns, and iterating from there. With vigorous training and learning in administering psychological assessments as well as psychotherapeutic approaches especially **schema-based, system-oriented and acceptance-based therapies**, she believes in creating and maintaining a **value-based practice**.

## CONTACTS



Noida, India



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8168307152

## EDUCATION

### M.Phil. (Clinical Psychology)

Amity University, Lucknow  
2022

### P.G. Diploma (Guidance and Counseling)

Punjab University  
2016

### M.A. (Clinical and Counselling Psychology)

M.C.M. D.A.V. College for Women, Panjab University  
2015

### B.A. (Psychology)

Kurukshetra University  
2013

## CERTIFICATES

- **Neurobiofeedback-** NIMHANS, 2020
- **CBT Practitioner-** Psychowaves and Punjab University, 2019
- **Teach LD-** ODE, 2016
- **Intelligence and Neuropsychological Assessment-** Psychowaves, 2016

## EXPERTISE

- CBT, REBT, ACT
- Schema Therapy
- Group Therapy
- Systems Therapy
- Family Therapy

## WORK EXPERIENCE

### Clinical Psychologist

March, 2023-Present

The Hans Foundation, Gurgaon

- Conducted comprehensive psychological profiling, implemented integrated therapeutic solutions with a focus on family support, and delivered life skills training for individuals with disabilities in rural communities of Noida, Uttar Pradesh.

### Counseling Psychologist

Nov, 2018-Nov, 2020

M.M. Medical College and Hospital, Solan, H.P.

- Through psychiatric interviews, administered **programs of treatment** after evaluating mental and emotional disorders of individuals
- Administered and interpreted **intelligence, personality**, or other psychological tests to support evaluation and conceptualizing cases.
- **Documented therapy** in accordance with policies and procedures regarding medical records

### Consultant Psychologist

Dec, 2019-Nov, 2020

YourDost, Online Counseling Platform

- Scheduled sessions with clients regularly to provide psychotherapeutic treatment and adjust treatment plans as necessary
- Provided **crisis intervention** in situations requiring immediate psychological treatment.
- Referred clients for offline therapy when necessary

### School Counselor

Oct, 2017-Nov, 2018

Cambridge International School for Girls, Jalandhar, Punjab.

- Advised and **counseled adolescents (11-15 years)** regarding short-term social and emotional problems to build self-esteem and resilience using schema based approaches.
- **Provided academic guidance** in order to develop higher educational and career aspirations among adolescents
- **Early identification of problem behaviors with age group (2-10 years)** and took suitable steps to prevent the onset of psychosocial problems
- Closely worked with **parents and teachers** to provide a system based evaluation and intervention. Also, **taught psychology as an additional subject to 11<sup>th</sup> and 12<sup>th</sup> grades.**