

GUNJAN MANTRI

Psychologist | Graphologist | Drug Abuse Rehabilitation Practitioner | Cognitive Behavioral Practitioner



As a Psychologist and Mental Health Professional, I am seeking a role that allows me to continue learning and perfecting my skills.

I provide high quality work & encourage myself to flourish in my future endeavours!



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New Delhi

Education

Jamia Millia Islamia

PG Diploma Counseling & Guidance | 2023 - 2024

Gautam Buddha University

MA (Applied Psychology) Specialization In Clinical & Counseling | 2020 - 2022
79.9% (First Division)

Delhi University

BA (Hons) Applied Psychology | 2017 - 2020
71.11% (First Division)

Sachdeva Public School

Humanities With IP (Class XIIth) | 2016 - 2017
91.75%

Awards

Alpha of the Quarter -
Happi Mynd
intern of the Quarter -
Happi Mynd

Skills

Good Communication
Skills, Content Creation,
Active Listener

Languages

English and Hindi

Experience

Physio Karma

Psychologist | November 2023 - Currently Working

Bringing Technology and Mental Health together, technology includes Neurofeedback & Brain Training (Mendi, Neeuro)

Interest

Foodie, Listening to Music, Travelling, Journaling

Dr.Bakshi Health Care Private Limited

Project Associate | June 2023 - November 2023

Working for their Mental Health Application "PRISM" (to be launched) on the Psychological Domains like Personality, Behaviour, Emotions, Cognitive as per ASEBA domains.

Happi Mynd

Trainee Psychologist | December 2022 - May 2023

Conducted Group Therapies, Mental Health Related Workshops, Took Counseling Sessions for their B2B & B2C Clients.

Psychologs

Content Writer | September 2022 - December 2022

Created Content for India's only Mental Health Magazine "Psychologs"
The work usually revolved around the themes of the Magazine like Mental Health and Crime.

Center Of Child & Adolescent Well-Being (CCAW)

Intern | September 2021 - October 2021

This was a part of the Curriculum, worked under Dr.Deepak Gupta's Guidance. Learnt about HBOT therapy, Cognitive Training the Captain Log Mind Power Builder.

Little Leap

Child Development Trainer | June 2021 - September 2021

It was a Part Time Work, Learned about Holistic Development of a Child, worked with Children of Age Group 4 to 15 years.

Find Hope

Peer Counselor | January 2021 - May 2021

Listened to the concerns of the peers and youngsters, guided them and if someone is in need of a Psychologist referred them to the clinical psychologist of the company.

Girl Up Aashayein

Content Writer | August 2020 - April 2021

Cognitive Scholars

Intern | February 2021 - March 2021

Online internship which gave me insights about JPMR Technique, Music Therapy, Creative Visualisation & Family Gratitude Therapy.

Youth For Mental Health

Intern | July 2020 - August 2020

It was an online summer internship for skill development training.

Pushpanjali Medical Center, Karkardooma

Intern | March 2019 - November 2019

It was done under the supervision of clinical psychologist Ms. Ayushi Madaan, It was one of my initial experiences in the clinical setup. Learnt to take Case History and MSE, TAT and various other assessments for clinical diagnosis.

Anubhuti Clinic

Intern | May 2018 - June 2018

The internship was done under the supervision of Child Psychologists. Got field exposure in rehabilitation centers, NGO and government schools to cater to the mental health concerns of the children there.

Projects

Gautam Buddha University (Dissertation)

To Study The Relationship Between Childhood Trauma, Personality Traits And Psychological Vulnerability Among Young Adults |

Delhi University

Mental Health Literacy And It's Impact On Mental Health Help Seeking Behaviour Among College Students Of India |

Gautam Buddha University

To Measure The Impact Of COVID-19 Stress On Psychosomatic Symptoms |

Delhi University

Perceived Family Environment In Relation To An Adolescent Self Esteem |