

Rishika Jain

Contact number: +91 9999 085 400

E-Mail: rishika0504@gmail.com

Summary

I am a dedicated psychologist with experience in providing patients with innovative treatment to navigate psychological struggles while providing an empathetic safe and supportive environment for growing and healing.

Professional Experience

1to1help.net (Consultant counselling psychologist)

(January 2023 – present)

- Providing solution-focused support targeted to identify what triggers stress and find better ways to deal with situations.
- Conducting confidential individual counselling sessions to address work-related stress, burnout, or personal issues affecting the individual.
- Offering crisis intervention and support during challenging times, such as layoffs or organisational changes.
- Conducting thorough assessments to identify individuals at risk of suicide, including their mental health history, current emotional state and potential warning signs.
- Providing crisis intervention and immediate support to employees who express suicidal thoughts or exhibit high risk behaviours.
- Collaborating with other professionals such as psychiatrist or clinical psychologists to develop comprehensive safety plans and coordinate appropriate care for individuals at risk.
- Documenting the individual's progress throughout the treatment process, noting any changes, improvements or challenges encountered.

eTherapyPro (Freelance Psychologist)

(January 2022 – June 2023)

- Providing culturally sensitive diagnostic assessment, psychotherapy, treatment and intervention for psychological, social or other difficulties that interfere with daily life success including mood, anxiety, disorders and other psychologically related concerns.

No Worry No Tension Healthcare Pvt. Ltd.

(April 2022 – January 2023)

- Providing counselling to adults and teenagers for depression, anxiety, marital conflict, substance abuse, mood and psychotic disorders and adjustment related issues.
- Monitoring client progress by arranging regular meetings and therapy sessions.
- Utilising electronic medical record documentation to ensure timely and transparent completion of progress in notes, treatment and all other necessary record keeping.

Education

Master of Arts in Clinical Psychology

Amity University, Noida, India – 2021

Post Graduation Diploma in Counselling and Family Therapy

IGNOU, Delhi, India – 2020

Certificate Course in Mindfulness for Everyday Living

University of Warwick, England – 2017

Bachelor of Arts (Hons.) in Applied Psychology

Amity University, Noida, India – 2017

CBSE Class XII

Queen Mary's School, Delhi, India – 2014

CBSE Class X

Queen Mary's School, Delhi, India – 2012

Internships

Institute of Human Behaviour and Allied Sciences, Delhi (Jul' 21 – Aug' 21)

- Conducted psychometric assessments like SCAT, MCMI, SCT, TAT, FRTO
- Assisted licensed practitioners in diagnosis and treatment of various illnesses

Antarmaan Psychological Services, Delhi (Jan' 20 – Feb' 20)

- Taking case history and mental status examination
- Controlling facial expressions, rapport building, interacting with informants

West Delhi Psychiatry Center, Delhi, India (Aug' 19 – Oct' 19)

- Conducted writing therapy and art therapy
- Took case history and Mental Status Examination
- Observed cases like major depressive disorder, schizophrenia, borderline personality disorder, attention deficit hyperactivity disorder
- Conducted psychometric assessments

Deep Memorial Public School, Uttar Pradesh, India (Apr' 18 – June' 18)

- Individual student academic planning and goal setting in school counseling classroom lessons based on student success standards
- Provided short-term counseling to students
- Collaboration with families/ teachers/ administrators for student's success
- Advocacy for students at individual education plan meetings and other student-focused meetings

Fortis Hospital, Delhi, India (Sept' 16 – Oct' 16)

- Clear and cogent assessment of the patients with supervisions
- Learnt about a few marketing strategies which are required in the field of psychology
- Participated in all mandatory and essential trainings and duties which were given by the seniors.
- Collected information of the patient through observations, tests and surveys

Sakshi Center for Information, Education and Communication (May' 15 - June' 15)

- Researched and wrote articles for the NGO
- Maintained activity updates for children
- Maintained and distributed relevant educational information material to volunteers through orientations and workshops.
- Created friendly environment for children by conducting small activities to make them comfortable

Certificates and Projects

- Published an article on '**Addiction and Pregnancy: A complex and unhealthy psychosocial affair**' in the journal; **Indian Journal of Health, Sexuality & Culture** – Vol (7), Issue (1), June 2021
- Completed a Foundation Course in Cognitive Hypnotic Coaching and Psychotherapy from Institute of Clinical Hypnosis and Related Sciences (ICHARS)
- Dissertation on Psychological condition of parents of children with learning disabilities
- Completed a mini research on the determinant factors of academic stress in adolescents and young

adults

- Successfully completed term paper on Positive psychology in schools, drug abuse and teenage suicide
- Participated in workshop of COVID-19 and Mental Health: Caring for the Public and Ourselves conducted by American Psychiatric Association
- Certificate on Essentials of mental health practice
- Participated in a 'Whatsappinar' (a seminar on Whatsapp) on Eating Disorder
- Participated in Military Training Camp held by Amity University
- Computer skills: JAVA, C++, MySQL, Microsoft word (Certification from NIIT)

Key Competencies and Skills

- Experience with childhood mental health concerns such as learning disabilities and emotional disorders
- Strong observational skills and the ability to understand human behavior
- Good understanding of the range of child and adolescent mental health services
- Ability to work co-operatively with other disciplines

Leisure Interests

- Travelling and exploring
- Dancing
- Health & Fitness