

Aalisha Mohite

PSYCHOLOGIST



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[aalishamohite](#)

EDUCATION

- **MIT-WPU UNIVERSITY**
M.Sc in Clinical Psychology (2022 - 2024)
CGPA : 8.96/10.00
Events: Neuroharmony
 - Managed and developed seminars for psychology students.
 - Collaborated with NICHE Foundation
Final Year Thesis: *Understanding the correlation between Emotional Regulation and Coping Strategies among Psychology Students.*
- **S.K SOMAIYA COLLEGE OF ARTS, SCIENCE AND COMMERCE**
BA in Psychology (2019-2022)
CGPA : 9.34/10.00
Clubs: Core member at Mind Theater
 - Curated content for workshops and seminars.
 - Collaborated with certified psychologists to formulate smooth sessions.
Final Year Thesis: *Relationship between Burnout and Job Satisfaction among Lawyers.*

EXPERIENCE

- **COUNSELLING PSYCHOLOGIST**
Unwind
September 2024 - Present
Remote
 - Conducting detailed case histories and online counseling sessions, ensuring comprehensive client assessments and the application of effective therapeutic interventions.
- **CO-FOUNDER**
Bloomingminds.in
July 2024 - Present
Remote
 - Cultivated a safe, open space for clients to express themselves without fear of judgment, supporting their journey toward mental well-being.
 - Launched 1:1 Online Therapy Sessions, providing personalized, affordable support to help clients manage stress and enhance their mental health.
- **MENTAL HEALTH SUPPORT SPECIALIST**
7 Cups
June 2024 - Present
Freelancer, Remote
 - Offering empathetic and non-judgmental support to individuals in crisis via telephone helpline and utilize active listening skills to understand callers' concerns and provide emotional support and reassurance.

- **TRAINEE PSYCHOLOGIST**
King Edward Memorial Hospital, Mumbai
March 2024 - May 2024
 - **TRAINEE PSYCHOLOGIST**
Regional Mental Hospital, Thane
April 2023-June 2023
 - **INTERN**
Fortis Healthcare, Mumbai
July 2021-August 2021
 - **CO-SOCIAL MEDIA MANAGER**
MindTheater, Mumbai
July 2021-July 2022
 - **CORE CONTENT CURATOR**
MindTheater, Mumbai
July 2020 -July 2021

- Collaborated with Psychiatrists and Clinical Psychologists in IPD & OPD settings. Conducted psychological assessments (MMPI, RIBT, TAT, BKT, etc.) and provided supervised counseling sessions totaling 50-60 hours.
 - Conducted detailed case history taking.
 - Volunteered in OT workshops.
 - Observed supervised counseling sessions.
 - Acquired basic knowledge of Positive Psychology
 - Mastered the administration and scoring of the Rorschach Inkblot Test.
 - Designed and managed engaging psychology-related content, including interactive stories and posts.
 - Created resourceful and informative material that resonated with the audience, promoting mental health awareness, and fostering community engagement.
 - Worked closely with psychologists behind the scenes to curate workshops, seminars, and webinars with my team.
 - Organized and coordinated these events
 - Created detailed reports and evaluations (M2M) for each event.

CERTIFICATION

- **UDEMY**
Cognitive-Behavioral Therapist (CBT).
July 2024
- **EMOTICONS INDIA**
Cognitive-Behavioral Therapy (CBT)
July 2024

SKILLS

- Proficient at MSE
- MS Office and Canva proficiency
- Assessment of psychological tests

LANGUAGE

- English
- Marathi
- Hindi