



MRITTIKA MUKHOPADHYAY

Counselling Psychologist

📍 Kolkata, West Bengal, India

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EDUCATION

Masters in Clinical Psychology

Amity university, Noida

2021 - 2023

Grade: 7.80 CGPA

Bachelors in Applied Psychology

Amity University, Kolkata

2018 - 2021

Grade: 7.80 CGPA

Schooling

Carmel High School

Psychology, Sociology, Political Science,
Geography, English, and Bengali

SKILLS

- Taking down Case History
- Mental Status Examination
- Psychological Assessments
- Counseling and Guidance
- Relaxation Techniques
- Stress and Anxiety Management
- Confidentiality
- Clinical Report Writing
- Communications skills
- Active Listening
- Problem Solving

REFERENCE:

Dr. Gargi Dasgupta
Clinical Psychologist
Medical College and Hospital

PROFILE

A dedicated and empathetic Counselling Psychology Intern at Calcutta Medical College and Hospital with over 1 years of experience in taking down case history, mental status examination, conducting psychological assessments (IQ, Autism, ADHD, Anxiety, Depression, OCD, etc) and providing counselling and guidance to individuals across diverse backgrounds. I am committed to fostering a safe and supportive environment for clients to explore their emotional and psychological challenges. My goal is to provide compassionate, evidence-based care that empowers clients to lead more fulfilling lives. I am dedicated to continuously advancing my knowledge and skills to offer the highest quality of therapeutic support.

EXPERIENCE

1. Clinical Psychology Intern

July 2024 to Present

Medical College and Hospital, Kolkata

First hand practical experience working with clients coming from different backgrounds. Job role included taking case history, mental status examination, psychological assessments, clinical report writing and providing counselling and guidance under the supervision of Dr. Gargi Dasgupta.

2. Internship

October 2021

Boul Mon, Kolkata

Job role included mainly observation of taking down case histories, counselling sessions with indoor patients, and also going through the progress reports of the indoor patients.

3. Internship

June 2020

Ummeed, Counseling and Consulting Services

Theoretical knowledge about the basics of psychotherapies and also conducted a research on a very limited population on the topic "Impact of Parenting Styles on Self Esteem."

4. Internship

June 2020

Fortis and Sukoon

The Departmental of Mental Health and Behavioral Sciences at Fortis Healthcare Limited organized an online internship in clinical psychology, discussing different disorders and prevention methods through case studies.

CONFERENCES AND WORKSHOPS

1. 8th Asian CBT Conference:

Understanding different approaches of CBT and it's impact on global health. Gained knowledge about the Third Wave of psychotherapies too. 29th February to 3rd March 2024

2. Workshop on the Thematic Apperception Test:

Organized by Sarojini Naidu College for Women.

13th March to 20th March 2024

3. National Workshop on the Rorschach Comprehensive System:

Organized by Kazi Nazrul University.

28th May to 30th May 2024