

# YASHWI GUPTA

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## PROFILE

Looking to become an assistant psychologist and eventually build a career in Clinical Psychology by harnessing the requisite skills and knowledge that I have learnt through my Master's Degree and from various practical experiences that I have gained from diverse opportunities like internships, seminars and workshops.

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## SKILLS

Leadership Qualities	Patient management	Conflict Resolution
Counselling Skills	Empathy towards client	Patience
Research Competency	Trustworthiness	Ethical Core
SPSS and R programming	Cross-Cultural Sensitivity	Communication

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## EDUCATION

### ***University of Glasgow | MSc. Psychological Science | 2018-2019***

- Graduated with 'Merit Specialization in Clinical Psychology'
- Core modules- Cognitive Psychology, Human Development, Individual Differences, Physiological Psychology, Research Methods, Social Psychology
- Optional modules- Psychology and Biology of Mental Disorders, Neuropsychological Deficits, Current Trends in Clinical Psychology

### ***University of Amsterdam | Comprehensive Introduction to Research Methodology and Design | 2018***

- Learnt the key aspects of conducting a research
- Learnt the application of statistical software like SPSS

### ***University of Calcutta | BSc. Psychology (Honours) | 2015-2018***

- Graduated with a first class Honours degree
- Member of the Psychology Society of the College

### ***Lakshmipath Singhanian Academy, Kolkata | AISSCE | 2013-2015***

- Scored 94.50% in AISSCE
- English school topper in AISSCE

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## EXPERIENCE

### ***ADDLIFE: CARING MINDS***

Intern | 2015

- Conducting workshops for children suffering from learning disabilities and neuropsychological illnesses.
- Teaching children simple day to day tasks using cognitive and behavioural therapy techniques.
- Making Placards that are easily understood by children with severe MR, Autism and Down Syndrome.
- Working in a multi-disciplinary team

## **UPTOWNIE 101**

Intern | 2016-2017

- Worked as a stylist and conducted market analysis.
- Customer Interaction to gauge behaviour and market trend.
- Prepared monthly reports on customer satisfaction.
- Member of the employer selection team.

## **Mind's Eye**

Junior Counsellor | 2016

- Career Counselling
- Relationship counselling
- Administering diagnostic tests on patients
- Taking notes
- Preparing case specific reports
- Dealing with patients in palliative care
- Administering key Cognitive and Behavioural intervention techniques on patients

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## **Volunteer Work**

### **ROTRACT CLUB OF CALCUTTA PARK POINT**

Volunteer | 2016-2017

- Part of the Pillars of paper initiative which included raising funds for underprivileged children
- Working towards rehabilitation of children of sex workers
- Handling social media activity of the NGO
- Part of the BAASTA initiative, that is devoted to teaching underprivileged children.

### **HELP US, HELP THEM**

Volunteer | 2016-2017

- Helping children with learning disabilities
- Teaching underprivileged children who cannot afford to go to school

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## **PROJECTS**

### ***An Investigation of the Relationship between Impulsivity and Trichotillomania (hair-pulling behaviour).***

University of Glasgow | MSc Dissertation

- Created a data base of people suffering from Trichotillomania(TTM)
- Found a statistically significant relationship between impulsivity and TTM
- This was the first paper elaborating and finding a relationship between the two constructs.

### ***Remember Your Crimes: How an Appeal to Ingroup Wrongdoings Fosters Reconciliation in Separatists Conflict***

University of Glasgow | Group Project

- Critical review of the key social psychological construct like ingroup, outgroup behaviour.
- Consideration and evaluation of social psychology theories of Self-Categorization Theory, Social Identity Theory, Self-Enhancement and Self -Serving Biases.

- The paper investigated a current real world issue and resolving conflicts.

### ***A Review of Post-Traumatic Stress Disorder(PTSD)***

Loreto College | A clinical Review

- How relevant is PTSD today
- A clinical review of the etiology, prevalence, comorbidity, treatment of PTSD.

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### ***ACTIVITIES AND EXTRACURRICULAR***

- President of the SPICMACAY society of my college (2017-2018)
- Treasurer of the SPICMACAY society of my college (2016-2017)
- Part of the student exchange program to Sri Lanka organized by my school, Lakshmipath Singhanian Academy. I was hosted by a Sri Lankan family and I learnt about their culture, religion and heritage.
- Took part in a one week workshop conducted by the Anne Frank House in Amsterdam in association with Seagull Foundation of Arts. It was about the 'Nazi rule' and the Holocaust. I learnt a great deal about PTSD and other anxiety-stress related disorders.
- Participated in a 2 day ICSSR National Seminar on Psychotherapies- Contemporary Approaches in 21<sup>st</sup> Century India.
- Attended a workshop on Dance Movement Therapy
- Part of the organizing committee of 'Kalakriti', a fest organized by Loreto College, to encourage and empower differently abled children in Kolkata.
- Was involved in the Green Revolution Global Certificate Program – An initiative by the International Centre for Culture & Education to educate, inspire and act against climate change, a cause sponsored by the United Nations.