

Ritu

Psychologist | Researcher

Email: mritu0023@gmail.com | Mobile: +91-7495046501 | www.linkedin.com/in/ritu23

Summary

Psychologist | Master's Graduate in Clinical psychology with hands-on clinical experience in **case history taking, psychological assessments, psychoeducation, and brief therapeutic interventions**. Skilled in **managing clinical reports**, collaborating with multidisciplinary teams, and applying evidence-based techniques to support client well-being. Passionate about integrating research and practice to foster resilience and mental health awareness.

Education

CMR University | MSc. Clinical Psychology | 2023 – 2025

Maharshi Dayanand University | BA Psychology (Honors) | 2020 – 2023

2nd rank holder

Work Experience

Psychologist | AUMHUM | June 2025 - Present

- Conducted **one-on-one case history** interviews with clients.
- Managed **psychological reports** and maintained client records.
- Provided **psychoeducation** to clients and caregivers.
- Administered and **scored psychological assessments**.
- Delivered **brief therapeutic sessions** for clients.

Internship Experience

Intern | Fortis Healthcare | July 2025

- Gained Insight about **DBT, CBT, REBT, and Humanistic Therapies** through targeted training.
- Honed core **counselling skills**.

Intern | Spandana Hospitals Pvt. Ltd. | Aug 2024 – Sep 2024

- Conducted **psychoeducational sessions** and lectures on mental disorders for nursing students.
- Attended OPD under the guidance of senior psychiatrists and counsellors.
- Facilitated **therapeutic activities** for patients in rehabilitation.

Intern | Spandana Health Care | July 2024 – Aug 2024

- Observed **CBT, mindfulness, Art therapy, and Virtual Reality (VR) therapy** for individuals with **schizophrenia, mood disorders, and cognitive impairments**.
- Gained experience in **residential rehabilitation** for mental health patients.

Clinical Psychology Intern | Psycoolg Wellness Pvt. Ltd. | Aug 2022 – Feb 2023

- Assisted in **patient assessments, outpatient care and file managing**

Skills

Clinical & Therapeutic Skills

- Psychological Assessments
- Therapy Techniques Assistance (CBT, Art Therapy, Mindfulness, VR Therapy)
- Neuropsychological Rehabilitation

Research & Analytical Skills

- IBM SPSS, Qualitative and Quantitative Research

Interpersonal & Soft Skills

Microsoft Office

- Proficient in Word and Excel.

Certifications & Workshops

National Conference on Mental Health Advocacy | Inspiron, April 2024

National Two Days Seminar on Mind Body Interaction | Christ University, Bengaluru, December, 2023

Workshop: Immediate Care for Handling Mental Health Crisis | NIMHANS, Sep. 2023

Workshop: Residential Rehabilitation for Severe Mental Illness | NIMHANS, Sep 2023

Research & Publications

Dissertation

Effectiveness of Guided Imagery Techniques for Stress Reduction in Farmers: Comparing pre-test and post-test results on relaxation and mental resilience. (July 2025)

Book Chapters & Publications:

- ***Navigating Crisis and Change in Therapy for Middle- Aged*** (Therapy Across Lifespan)
ISBN: 978-936926083-6
- ***Naikan and Morita Therapy*** (Eastern and Western Perspectives on Therapy),
ISBN-13: 9798896996514
- ***The Impact of Technology on Neuropsychology*** (Brain, Behavior, and Disorders),
ISBN: 978-81-968820-7-5
- ***Biopsychology of Sports*** (Textbook of Biopsychology), ISBN-13: 978-9359113364

Conference Presentations:

- ***Neuromarketing and Consumer Manipulation: The Ethical Implications of Using Brain Data to Influence Behavior.*** Paper presented in the **International Congress on Social Sciences, Innovation and Educational Technologies (5.ICSSIET)**, (December, 2024)

- **Enhancing Chess Performance with Guided Imagery and Blockchain Technology: A Review Study.**
Paper presented in 4th International Conference on Economics, Accounting and Finance (ICEAF), Estonia (Nov 2024).

Volunteer Experience

Community Service Programme in *Nightingales Sandhya Suraksha*, Bengaluru (2025)

- Conducted memory training exercises to support cognitive function in elderly residents with dementia.

NSS Volunteer (2020-2022) – Led community awareness programs and awarded as *best volunteer*.

Extracurricular Activities & Awards

Winning Team | Intercollege Chess Competition (2022), [Three times gold medallist at state level (2018,2019,2020), Two times gold medallist at national level (2019,2020), Intercollege gold medallist (2022)]