

# ANANDITA AGGARWAL

Psychologist | Mental Health Professional

Phone: +91 7015361432

Email: aggarwalanandita1@gmail.com

Address: E-1108, E-block, 11th floor, Express Green Apartment, Vaishali, Ghaziabad

## Professional Summary

Compassionate and driven mental health professional with hands-on experience in counseling, psychological assessment, and neuropsychological testing. Adept at working with diverse populations including individuals with HIV, substance use issues, and psychiatric conditions. Passionate about promoting mental well-being through evidence-based therapeutic approaches.

## Skills

- Counseling (Grief, Anger, Behavioral, Cognitive-based)
- Psychological Assessments: Rorschach Inkblot, BGT, WCST, EQ, DASS
- Active Listening & Empathy
- Interpersonal Communication
- Fluent in Hindi and English
- NLP (Neuro-Linguistic Programming)
- Cognitive Retraining
- Case History & MSE (Mental Status Examination)

## Experience

Counselor - Haryana State AIDS Control Organization (June - December)

- Worked with HIV patients, IDUs, and FSWs.
- Provided counseling on emotional and behavioral health.

Intern - Counsel India

- Participated in Counseling Master Class.
- Conducted sessions on grief, anger, behavioral counseling, guilt & regret, life rebuilding.

Intern - Mind Simplified, Rajouri Garden

- Assisted in case history preparation and context building.

Intern - JNU Health Center

- Conducted case studies and MSE.
- Exposure to psychiatric disorders and psychological testing.

Neuropsychology Intern - Mind Detox Center

- Involved in cognitive retraining and de-addiction work.
- Conducted Rorschach Inkblot Test and neuropsych assessments.

## Education

Professional Diploma in Psychotherapy (2024-2025)

Psykey-Unlock Psychology, International Training Institute

M.A. Clinical Psychology (Amity University, Noida - 2024)

CGPA: 6.89

Bachelor of Arts - Psychology (Delhi University - 2022)

CGPA: 8

12th - CBSE (Neerja Modi School, Jaipur - 2019)

Percentage: 92%

10th - CBSE (Delhi Public School - 2017)

CGPA: 9.2

## Projects & Publication

Aggarwal, A., & Bhambri, S. (2024). A study on affect of attachment styles on mental health among young adults. PSYCHOPEDIA JOURNALS, I(UAP).

## **Certifications & Training**

- Art Therapy
- Mindfulness-Based Cognitive Therapy (MBCT)
- Positive Psychotherapy
- Solution-Focused Therapy
- Cognitive Behavioral Therapy (CBT)
- Transactional Analysis
- Acceptance & Commitment Therapy (ACT)
- Neuro-Linguistic Programming (NLP)
- Rational Emotive Behavior Therapy (REBT)
- Hypnotherapy
- Graphotherapy
- Existential Counseling