

Dr. Ashna Gupta

Senior Psychologist | Assistant Professor

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Profile

Psychologist with a Ph.D. in Psychology (Clinical) with over 14 years of diverse experience in clinical practice, academia, supervision and research. Skilled in evidence-based therapeutic interventions, assessments, and teaching at both undergraduate and postgraduate levels. Published extensively at national and international journals. Adept to provide empathetic, client centred care and mentoring students and professionals in the field of mental health.

Core Competencies

- ✧ Clinical diagnosis and intervention
- ✧ Psychotherapy
- ✧ Mentorship and clinical supervision
- ✧ Decisive problem solving
- ✧ Psychological assessments and patient records
- ✧ Crisis intervention
- ✧ Research writing proficiency

Education

Ph.D. in Clinical Psychology – University of Delhi | 2012–2017

M.A. in Applied Psychology – University of Delhi | 2009–2011

B.A. in Psychology – Gargi College, University of Delhi | 2006–2009

Certifications: National Eligibility Test (NET) – 2013

Professional Experience

Consultant Psychologist | 1to1 help | May 2025 – Present

- Conduct therapy sessions for individuals, couples, and families addressing diverse psychological conditions.
- Deliver EAP services to corporate clients (e.g. Indian Oil, AM/NS)
- Facilitate psychoeducational seminars/workshops

Consultant Psychologist | Docgenie | May 2025 – Present

- Provide evidence-based therapeutic interventions across various client populations

Consultant Mentor | Ndeavours | May 2025 – Present

- Supervise psychology projects and research papers for school students

Senior Psychologist | Medibuddy vHealth | March 2020 – May 2025

- Led therapy and authored mental health content published in Economic Times, Financial Express, ABP News
- Audited sessions and trained a team of 14 junior psychologists
- Organized psychoeducational workshops and seminars

Consultant Psychologist | Sparsh For Children | March 2015 – Present

- Conduct psychological assessments (IQ, ADHD, projective tests)
- Designed interventions for developmental and learning disorders

Assistant Professor & Psychologist | Manav Rachna International Institute | June 2018 – March 2020

- Taught UG and PG courses including Psychotherapy and Clinical Psychology
- Supervised Master's and Ph.D. dissertations
- Organized FDPs and seminars

Assistant Professor & Psychologist | University of Delhi | March 2015 – August 2017

- Taught core psychology courses across multiple colleges
- Developed curriculum and academic content
- Courses taught included: Abnormal Psychology, Group Dynamics, Organizational Behavior, Social Psychology, and others

Publications (Selected)

- Adapting Tele-CBT for an Adult with Bipolar Disorder Type II, IJIRT, 2024
- CBT and Mindfulness for a Child with Conduct Disorder, IJIRT, 2021
- Mental Health During COVID-19 Lockdown, GJRA, 2020
- Effectiveness of Mindfulness on Conduct Disorders, IJIP, 2019
- CBT & Academic Training with Disadvantaged Children, JPP, 2018
- Positivism and Quest for Happiness, Humanities & Social Science Studies

Also published in Indian Express, Financial Express, and other major outlets

Conference Presentations

- Effectiveness of Mindfulness & CBT on Marginalized Children – NIACP, 2015 (Best Paper Award)
- EWS Children in Unaided Schools – NAOP, 2014
- Well-Being – DU International Conference, 2011

Certifications & Workshops

- CBT Certification – AIIMS & Indian Psychiatric Society
- EFT Training – Pankaj Gupta
- Mindfulness & Ethics – Thich Nhat Hanh
- Hypnotherapy – California Hypnotherapy Institute
- Faculty Development Program – Manav Rachna University
- Advanced Psychotherapy – PSYCHED
- UGC e-Pathshala Content Reviewer
- Multiple courses via UDEMY (Art Therapy, CBT, NLP, Dream Analysis, etc.)

Leadership & Engagement

- Organized international conference: The Fragmented Self, DU, 2017
- Invited speaker for career/stress counseling at multiple schools
- Supervised Ph.D. and Master's theses
- Member, Counselor Council of India
- Media appearances: NEWS21 LIVE, Webinars on pandemic mental health