

# Isha Mishra

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## Academic Qualification

Institution	Course	Year	Percentage
Tata Institute of Social Sciences, Mumbai	M.A. Applied Psychology- Specialization in Clinical Psychology	2016	73 %
Delhi University	B.A. (H) Applied Psychology	2014	75.2 %
DAV Public School, Shreshtha Vihar, New Delhi (CBSE)	Physics, Chemistry, Math, Computer Sc., English	2011	82.2 %
Bal Bharati Public School, Brij Vihar Ghaziabad (CBSE)	English, Math, Science, Sanskrit, Social Studies	2009	95%

## Professional Experience

### Assistant Professor (ad-hoc)| Jesus and Mary College, Delhi University| July 2018- present

- Subjects taught: Self and Personal Growth, Industrial/Organizational Psychology, Counselling Psychology, Psychological Perspectives in Education
- Research guidance: supervisor of Anukrati Rana and Shruti Kalra for their study titled 'Understanding People's Awareness, Perception and Attitude Towards Counselling in India'; NAOP 2018 in the category of Oral Presentation
- Worked as member, Fine Arts Society, Jesus and Mary College, from 2018-2019

### Consultant Psychologist | Infinity Clinic, New Delhi| June 2018- July 2019

- Conducted psychotherapy session with clients undergoing psychological stress and or suffering from psychological disorders
- Application of therapeutic approaches like Cognitive Behavioral Therapy, Behavioral Therapy, Relaxation techniques, Guided Imagery, ERP, Family Therapy, Marital Counseling, eclectic approach

### PGT Psychology/Special Ed| Bluebells School International, Kailash| June 2016- July 2018

- Proficient in teaching Psychology to class XI, making lesson plans, supervising term papers and research articles
- One-to-one special education sessions with students having special needs (dyslexia, dysgraphia, dyscalculia, slow learners, learning difficulty) and creating IEP for students having special needs and learning gaps, managing the learning centre for children with special needs

- Group counseling and workshops for students of classes VI-XII on reducing stigma attached to mental health, social networking sites, adolescents and changes, anger management, study habits, exploring self through creative arts
- Individual counseling sessions with students of all classes using BT, CBT, Play therapy, Art Therapy and eclectic approach
- Workshops for teachers on identifying childhood disorders, stigma, intervention and management

### **Psychologist | Delhi Psychiatry Centre | April 2016- June 2016**

- Proficient in taking case history and MSE. Psychotherapy sessions with clients and counseling sessions with parents/ caregivers of clients with different psychological disorders
- Experienced in working with clients suffering from disorders like Mood disorder, anxiety disorder, Personality disorder, Childhood disorders, Schizophrenia etc
- Psychometric testing such using standardized tools like ROR Inkblot test, TAT, BDI, MADRS, HAM-D, HAM-A, STAI, VSMS, MMPI, Y-BOCS, Childhood autism rating scale, DST-J

### **Marriage Counselor Intern| Family Court, Bandra, Mumbai| December 2015- March 2016**

- Conducted individual sessions with clients, in-take of detailed case history, formulated the cases and prepared elaborate plans of action
- Held individual and group sessions at “Muskaan”: Child and adolescent guidance centre, with children and parents
- Conducted a workshop for separated and divorced couples on “Providing healthy environment to Children”

## **Research Experience**

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How Clients Influence Therapists’ Lives: Exploring the Other Side of the Story

## **Workshops**

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- Attended a faculty development program on integrating climate topics across the curriculum
- Attended policy dialogue at the Australian High Commission regarding the current education system in India and Australia
- Attended Education–Policy and Practice dialogue at Action Ability Development And Inclusion regarding inclusive education
- Attended workshop conducted by i-call on Fostering Strengths: Skills and Perspectives for Enhancing Psychosocial Well-being of Adolescents at TISS, Mumbai
- Attended a workshop on Intensive Short Term Dynamic Psychotherapy by Dr. Thomas Brod. Attended the 35th Annual Conference of Indian Society of Professional Social Workers (ISPSW) at Government Medical College & Hospital, Chandigarh

## **Achievements**

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- Received award for “Best Field Work” in M.A. Applied Psychology- Specialization in Clinical

Psychology.

- Secured 1<sup>st</sup> position in third year of B.A.(H) Applied Psychology

## Skills

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- Empathetic and active listener, effective communication skills.
- Understanding of CBT, BT, REBT, Narrative Therapy, Humanistic Therapy, Play Therapy, Art Therapy, Family Therapy clinical interviewing skills
- Understanding of psycho-diagnostic assessments.

## Extra-curricular activities:

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Travel enthusiast, avid reader, artist (painting and sketching), badminton player, movie buff.