Aditi Banerjee

Clinical Psychologist (RCI Registered)

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Personal statement

RCI-registered clinical psychologist with 4 years of post-M.Phil experience in a multispeciality hospital psychiatry department and an online therapy platform. Conducts psychological assessments and evidence-based therapy (CBT, DBT skills, ACT) for adults and adolescents with anxiety, depression, OCD and substance use, handling 22–26 sessions a week.

Certifications

Registered Clinical Psychologist (CRR number) · Rehabilitation Council of India — Sep 2022

Intensive training in CBT for anxiety disorders · Professional CPD workshop — Jan 2024

Work experience

Clinical Psychologist, Department of Psychiatry · Kalinga Multispeciality Hospital, Bhubaneswar — Jun 2023 – Present

- Provide individual CBT and ACT-based therapy to 22–26 clients a week, with 70% completing the planned course of sessions.
- Conduct 25–30 psychological assessments a month, including IQ, personality and neuropsychological screening, with written reports for psychiatrists.
- Run a weekly group programme for patients in de-addiction treatment, using relapse-prevention and motivational interviewing techniques.
- Track outcomes with PHQ-9 and GAD-7; average scores dropped by 40% or more for 65% of anxiety and depression clients after 10 sessions.

Consultant Psychologist (part-time, remote) · Mindhaven Online Counselling Pvt Ltd, Remote — Aug 2022 – May 2023

- Delivered 12–15 video therapy sessions a week for working professionals and college students in English, Hindi and Bengali.
- Followed platform protocols for risk assessment and escalated 9 high-risk cases to on-call psychiatrists and emergency services.
- Wrote 6 psychoeducation articles on stress, sleep and exam anxiety used in client onboarding.

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Education

M.Phil in Clinical Psychology · RCI-recognised institute of mental health, Kolkata — 2020 – 2022
Grade: 68%

M.A. in Psychology · University Department of Psychology, Kolkata — 2018 – 2020
Grade: 72%

Skills

- ✓ Psychological assessment
- ✓ Cognitive Behavioural Therapy (CBT)
- ✓ Acceptance and Commitment Therapy (ACT)
- ✓ DBT skills training
- ✓ Motivational interviewing
- ✓ Neuropsychological screening
- ✓ Risk assessment
- ✓ Report writing

Languages

English · Fluent | Bengali · Native | Hindi · Fluent | Odia · Conversational

Core skills

- Empathy and rapport building
- Confidentiality and ethics
- Case formulation
- Multidisciplinary teamwork
- Online therapy delivery