

Aadya Ahuja

New Delhi
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WORK EXPERIENCE

Aces Therapy, New Delhi—Private Practice Founder & Psychotherapist

February 2022- Present

Founded and running an online private practice. Working with clients experiencing problems like anxiety, stress, depression, relationship issues and burnout through EFT, CBT, REBT, and Client Centered Work.

Irregulars Alliance LLP, New Delhi—Consultant Psychotherapist

March 2021- Present

Foster mental health and well-being of the employees through individual and group counseling sessions and workshops

The Ashiana School, Bhiwadi—Counselor

August 2021 - February 2022

Student Counselor and Psychology Teacher

Cure.fit, New Delhi — Consultant Psychotherapist

June 2020 - March 2021

Providing consultancy as a psychotherapist for counseling through online and telephonic modes

Cure.fit, New Delhi — Psychotherapist

July 2019 - June 2020

Worked with clients to solve emotional problems related to stress, anxiety, depression, and relationships-through a number of therapeutic approaches ranging from CBT, EFT, and Client Centered Work spanning across more than 500 sessions, both online and in-center

The Irregulars Art Fair, New Delhi — Counselor Volunteer

January 2019-February 2019

Volunteered at the “Let’s Talk” initiative to encourage artists, performers, and victims of sexual harassment to share their experiences, in light of the MeToo movement.

SKILLS

Therapeutic Listening

History Taking

Exceptional Multitasking

Statistical Analyses

SPSS

Superior Communication Skills

Strong Interpersonal Skills

Expertise in Microsoft Office

Psychological First Aid

AWARDS

Member of Editorial Board of College Magazine 2014-15

Received letter of appreciation for outstanding performance in class 12 Boards (AISSCE) from Mrs. Smriti Irani, HRD Minister, Government of India 2014

Topped Psychology in school with 100/100; one of the top 0.1% students for Psychology in CBSE AISSCE 2014

Head Girl, House Captain and

World Brain Center Hospital, New Delhi — Intern

May 2018- June 2018

PsyIndia, New Delhi — Intern

January 2018- February 2018

Psychological and Learning Solutions for Children and Adults, New Delhi — Intern

September 2017-October 2017

Department of Psychiatry, Fortis Hospital, Noida — Intern

June 2016

Project Aawaaz (Teach for India), New Delhi—Teacher Volunteer and Mentor

August 2015-December 2015

As an employee and intern, I:

- Charted and recorded information in client files.
- Effectively managed caseload and sessions per week.
- Effectively and quickly responded to any mental health emergency if it arose.
- Efficiently gathered history from clients.
- Documented all patient information including treatment plans, reports and progress notes, and psychometric testing results, if any administered.
- Collaborated closely with the supervisor and backend teams to appropriately maintain client care services.
- Interacted with clinical staff and external resources such as school or community personnel, occupational therapists, clinical psychologist, and psychiatrists.
- Developed treatment plans that focused on accurate diagnosis and behavioral treatment of problems.
- Taught clients anger management techniques, relaxation skills, impulse control, social skills, emotional coping skills and functional living skills.

EDUCATION

Amity Institute of Psychology and Allied Sciences, Amity University, Noida, Uttar Pradesh — Master of Arts in Clinical Psychology

August 2017-May 2019

Indrapastha College for Women, University of Delhi, New Delhi — Bachelor of Arts (Honours) Psychology

July 2014-May 2017

President of Literary Club

2012-13

Attended workshop on Peer Moderation at Mental Health Department at Max Hospital, Saket; Selected Peer Moderator 2012-13

LANGUAGES

Hindi

English

Punjabi

Entry Level French

Bal Bharati Public School, Ganga Ram Hospital Marg, New Delhi

March 2000–April 2014

RESEARCH PROJECTS

Relationship between Loneliness, Problematic Internet Use and Dating Anxiety — *Treatise and Research Paper*

Masters Curriculum

Study conducted by comparing a sample of straight and LGB young adults and comparing them on three variables—problematic internet use, loneliness, and dating anxiety—using independent t-tests.

Generational Differences in Attitudes Towards Homosexuality

— *Mixed Method Research*

Undergraduate Curriculum

Study conducted by comparing young and older adults on their attitudes towards homosexuality using standardized tests and focus group discussions. Both quantitative and qualitative analyses were done using t-tests and thematic analysis, respectively.

Qualitative Research on Community Issues in Pushta area of Delhi — *Member and Volunteer of Project Aawaz*

Recorded experiences of parents in an illegal colony in Old Delhi

Focus Group Discussions, Group Discussions, Surveys, Psychometric Testing as part of Practicums and trainings

ADDITIONAL TRAINING

Workshop titled '**Trauma Response 3.0-Fight/Flight or ____?**', A Knowledge-Based Training Program conducted on 26th, 27th February & 6th March 2022 by Unbottle Emotions.

Attended various seminars and workshops on mental health, psychology and life, organizational behavior and conducting qualitative and quantitative research as part of college activities.

Selected to host 'Warming up to the Games- London 2012' held at the British Council, New Delhi 2012

Won the Geofest International Debating competition 2012

Topped the English Olympiad in School with New Delhi Rank 2, 2011–13