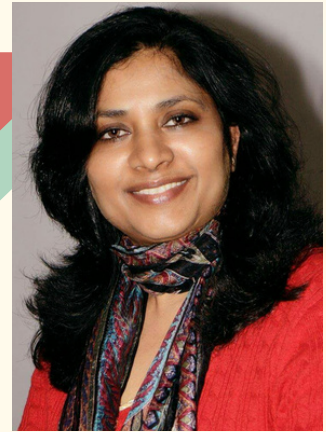


# Dr Archana Krishna

Clinical Psychologist & Life Coach

Ph.D. (Clinical Psychologist)  
M.Phil. (Gold Medallist)  
Himachal Pradesh University  
Shimla (HP)

Call: +91 -959-904-2746  
Email: arkr1in@gmail.com  
www.drarchanakrishna.com  
DOB: 13-06-1965



## ABOUT ME

I am Gold Medalist, PhD in Psychology, having 20 years of experience as a life coach, consultant, trainer, and educator. I am a passionate practitioner who divides her time between clinical practice, training and consulting, and writing and research. My research work was done at AIIMS, New Delhi and Clinical Training, at King George's Medical College, Lucknow (UP), India.

I specialized in healing by conducting coaching, training and consulting interventions around the themes of the emotional health management of an individual--anxiety, anger, obsessive -negative thoughts, sleep disturbances, jealousy, suspiciousness etc and handholding them towards the track built up of high self-esteem, Self confidence, and health.



## EDUCATION

### PH.D. IN PSYCHOLOGY

**Emotions & their Psychosomatic Effects on Human Body-** Research work conducted at the Deptt of Physiology , All India Institute of Medical Sciences (AIIMS), New Delhi under Dr. K. K Deepak

### M.PHIL. PSYCHOLOGY

**(Gold Medalist)**

Role of Anger and Anxiety in Essential Hypertension

### MASTERS IN PSYCHOLOGY

With specialization in Clinical Psychology  
Beneficiary of JRF (Junior Research Fellowship)

### BACHELORS IN PSYCHOLOGY

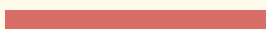
St.Bede's College, Shimla



## SKILL

### LANGUAGE SKILL


English

Hindi  100%

Punjabi  100%

Haryanvi  70%

Bengali  70%

 70%

### ECONOMICS(HONS) & ENGLISH

Supporting Coursework

## International Publications(USA)

Anger & Anxiety in Hypertensive patients in India. Krishna, A; Sharma,S, Spielberger C.D (1996). C.D Spielberger & I.G Sarason (Eds.), STRESS AND EMOTION: Anxiety, Anger & Curosity (vol.16, pp 261-268). Washington, DC : Taylor & Francis

Sharma,S, Krishna, A. & Spielberger, C.D. (2003). The Hindi Anger Expression Scale. Construction and Validation. In C.D. Spielberger & I.G. Sarason ( Eds), STRESS AND EMOTION, (Volume 17). Washington, D.C: Taylor & Francis

## PRESENTLY

### Consultant Clinical Psychologist& Counsellor

**NIDAAN Multi Speciality Hospital**  
Sector 15 , Jharsa Road , Gurgaon (Haryana)  
(Since February 2019 till date)

Consultant Psychologist & Trainer  
**INFOSYS LTD, Delhi-NCR**  
(Since April, 2017 till 28-02-2020)

Consultant Clinical Psychologist & Trainer  
**HONEYWELL CORPORATION**  
(Project based Since 2019)

### American Psychological Association (APA)

Membership No. 00194022

### Trained Master Hypnotist & Practitioner of Self Hypnosis (Level I)

California Hypnosis Institute, California, USA

### Consultant Clinical Psychologist& Trainer (Rajbala Foundation)

Working as a Consultant Clinical Psychologist with Rajbala Foundation, a National level NGO was set up in 2010.

Providing counselling services to more than 4000 students in their Counselling Centres in Ansal University, Gurgaon, JKP Polytechnic, Sonapat (Haryana), Dr K.N Modi University, Jaipur (Rajasthan)& also with Children suffering from Cancer at Medanta, the Medicity Hospital at Gurgaon. Also participates in community Radio Programs at Gurgaon & Mewat (Haryana)

### Guide at IGNOU

Approved Guide in Indira National Gandhi Open University for the Internship / Researchwork by students since 2018

### An Independent Woman Entrepreneur

Set up Buying House in 1996 to cater to the needs of our principals in US, Europe, Australia and New Zealand for procurements of garments from India and Bangladesh, and still continuing the same as time permits.

## CERTIFICATIONS

### Trained & Certified International NBI Practitioner

- Specialized in consulting with regard to the Whole Brain Context; helping individuals to gain insight vis-à-vis sound decision making for career selection , communication, management, team building, relationship building and developing skills to achieve professional excellence.
- Trained on the Eight - Quadrant Neeth ling Brain Instrument for Career Guidance & Job Skills
- Undergone NBI Corporate Training Programs in South Africa



## CURRENT WORK PROFILE

As trainer, I have been also involved in the hands-on training in imparting the Motivational trainings for my Trainees and customised Image building Training Programs for Women employees leading to their Productivity enhancement by making them aware of their gender specific EMOTIONAL STRENGTH, over their male counterparts. And also making them aware of their ability to break the ice with their clients with ease, to achieve their targets and the same time enjoy high Happiness Quotient, instead of getting stressed out.

As Clinical Psychologist, I use Psychological Counselling / Psycho-therapeutic treatment of my clients, by using various Psychological Tests for the diagnosis of their mental disorders (Anxiety, Depression, Obsessive Compulsive Disorder etc) using Rorschach Ink Blot Test along with other supporting Psychological tests

### Master Trainer GELF

International NGO  
(UNICEF Project)

Indulge in conducting Group Trainings on Stress Management at Corporate companies and also schools- Short Trainings (45 mins-1 hr) as well as Curriculum (8- 10 no. classes) with the objective that Prevention is better than cure. Here I train the candidates, various Strategies/ self-managing tools to overcome the negativities, while encountering Professional /Personal/ Emotional issues. I work on the enhancement of the Happiness Quotient of the individuals.

Mentorship- 3 months to 12 months+ mentorship, for Adolescents, Couples facing Marital issues, Children of single parents, Progressive Life Styles irrespective of monetary situations, Students for maintaining a healthy routine for Academic Excellence, Public Speaking, Interview facing, Drug/substance abuse, Geriatric mental wellness issues, and many more.

### Individual Counselling Sessions

I do take up Individual Counselling Sessions at NIDAAN Multispecialty Hospital, Gurgaon (Duration: 01 to 02 hours+) to restore the Mental Wellbeing of my patients, using a combination of Psychotherapeutic Techniques based on my trainings and vast experience of 16 + years (CBT, Hypnotherapy, customized meditation etc). At times, my team consisting of a Doctor (Psychiatrist, MBBS,MD) and male Psychologist work hand-in-hand to resolve the issues of the patient.



## WORKSHOP

### Workshops Conducted in the following areas

- Motivational Trainings
- Mindfulness Techniques
- Creativity and Leadership
- Image Building Techniques
- Conflict Management
- Spouse Selection Training
- Marriage-- Pre and Post Counselling
- Sleep Disorders
- Student Needs/ Emotional Intelligence
- Parental training- Adolescents
- Brain training for excellence in Sports
- Management of Negative emotions: Anger, Anxiety, Fear & Depression etc.
- Cultivating Positive Emotions: Love, Patience, Happiness & Healthy Positive Attitude

The Outdoors has always been a preferred medium for conducting Behavioral Workshops. My areas of specialization include teaching Career Selection Tactics at School, College and Professional levels. Over the past decade I have worked with multiple teams from a vast array of Schools and Organizations to help them be more effective and hence successful at work and in relationships.

I have worked with teams at top management levels in organizations, helping them choose the right leadership behaviors through NBI Leadership Practices Workshops, thus providing a platform for integration of larger teams through Cross Functional Team Effectiveness Workshops.

Most teams in a working environment, be it corporate or otherwise, are usually faced with inter-personal issues, personality clashes, etc. A Natural Team Effectiveness Workshop is preceded with a Concern Validation Study to understand the team's present situation and genesis before the workshop. A measurement of the team's effectiveness on pre decided parameters helps to get down to the root of the team's issues. The workshop provides a platform for the team to revisit its past, analyse its present and decide its future. The Natural Team Effectiveness Workshop therefore is an end to end solution for teams which are in crisis or in a critical state.



## PAST EXPERIENCES

May 2016 till January, 2019  
Consultant Clinical Psychologist  
**ANAHAT MULTISPECIALITY HOSPITAL**  
DLF Phase III-Gurgaon

July 2016 till March 2019  
**TATA CONSULTANCY SERVICES**  
Clinical Psychologist & Trainer  
(Motivational)

October, 2017 till March 2019  
**SPICE JET LTD. INDIA**  
Clinical Psychologist & Motivational Trainer  
(Aviation Industry)

January 2013 till April, 2016  
**Consultant Clinical Psychologist**  
WOW Factors (India & Nepal) &  
ASHA Multispecialty Clinic,  
Delhi NCR

April 2009 till December 2012  
**VP - Training and Development**  
WOW Factors

1993 - 1995  
Social Worker  
**SAMARPAN - an NGO in Lucknow**

1991 - 1992  
Lecturer  
**I.T. College (Isabella Thoburn College),  
Lucknow**

1989-1991  
**Social Worker**  
**(Profile of Clinical Psychologist)**  
DEPTT. OF PSYCHIATRY, KING GEORGE'S  
MEDICAL COLLEGE, Lucknow  
(Ref Attached Certificate)

**Dr Archana Krishna**