



IPSITA BANIK (She/her)

CLINICAL PSYCHOLOGIST/ESSENTIAL SKILLS TRAINER/CORPORATE TRAINER

IPSITA BANIK is a clinical & rehabilitation psychologist at Anubhav Positive Psychology Clinic. She began her career as a practicing clinical psychologist. She is an Essential skill trainer and has conducted multiple tailor-made training sessions with individuals as well with corporate.

EXPERIENCE:

- She has been practicing for more than four years as a clinical and rehabilitation psychologist. She has completed her M.Phil in Clinical Psychology [RCI registered] from University of Calcutta, Kolkata, India. She has also done one year Post Graduate Diploma in Rehabilitation Psychology [RCI registered] from Department of Applied Psychology, University of Kolkata. Prior to that, she has pursued her post graduation in psychology with a specialization in Developmental Psychology.
- She has also been an invited speaker in webinars and orientation programs.
- She has also got the opportunity to work in University of Calcutta in the department of psychology as a clinical psychologist.
- Guides people through personal challenges, to help people learn to cope with stressful situations, help ease emotional burdens, and empower people to achieve a healthier mind. Her interest areas include depression, anxiety spectrum disorders, anger management, life skills and other skills training, work-life balance, emotional regulation and distress tolerance. She also does psychometric tests of both adults and children.
- Besides practicing in the clinical and developmental field, she also looks after internship program offered by this organization where she is the mentor and the teaching guide.

SOME OF MY SUCCESSFUL MODULES-

- Cognitive behavior therapy (CBT)
- Dialectical behavior therapy (DBT),
- Acceptance and Commitment therapy (ACT)
- Behavior Therapy
- Mindfulness training
- Soft skills (developer/ trainer)
- Psycho social wellbeing program (Developer /trainer)
- Stress management program (developer/trainer)
- Child counseling
- Adolescent counseling
- Young adult counseling

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