

# Ira Agarwal

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## Summary

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An experienced professional with strong background in the field of clinical psychology with vast experience of working with diverse population in mental health, accompanied by relevant experience in various healthcare settings. Adept communicator, empath, compassionate and enthusiastic about mental health and effectively work with other team members within organizational structures.

## Education

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### Diploma in Cognitive Behavioural Hypnotherapy

UK College of Hypnosis and Hypnotherapy

May 2023 – Present

### MSc in Applied Clinical Psychology

University of Bath — Bath, United Kingdom

Merit (2:1)

Modules Included:

- |                                 |  |  |
|---------------------------------|--|--|
| • Psychopathology               | • Transdiagnostic Approach                     | • Thematic Analysis                        |
| • Developmental Psychopathology | • Cultural Perspectives in Clinical psychology | • Interpretative Phenomenological Analysis |
| • Cognitive Behavioural Theory  | • Assessments in Clinical psychology           | • Child Maltreatment and PTSD              |

### BSc in Clinical Psychology

Amity University — Mumbai, India

Aug 2017 – Aug 2020

Modules Included:

- |                       |                        |                             |
|-----------------------|------------------------|-----------------------------|
| • Clinical psychology | • Health psychology    | • School counselling        |
| • Abnormal psychology | • Cognitive psychology | • Applied social psychology |

## Professional Experience

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### North Staffordshire Combined Healthcare NHS Trust – Stoke on Trent (June 2024 – Present)

#### Healthcare Support Worker

- Working with patients diagnosed with Severe Mental Health Conditions such as PTSD, Psychosis, Schizophrenia, Alcohol Abuse and much more. My responsibilities include supporting them with daily living, keeping them engaged in wellness activities.
- Working at Children respite centre for children and young people who display challenging behaviour. Supporting them with daily lifestyle activities, re-direct them when they display challenging behaviour and implement their PBS plan.

### North Staffordshire Combined Healthcare NHS Trust – Stoke-on-trent (Feb 2023 – Present)

#### Assistant Psychologist

- Working the Children Community Learning Disability Service and CYP PBS Training Team
- Performing comprehensive assessments and devising tailored treatment strategies for children and adults who have been referred for psychological support under clinical supervision
- Working with Positive Behavioural Support Training Team devising training packages on PBS for professionals ; parents/carers; SEND schools who currently support an individual with Autism and/or Learning Disability
- Providing supervisions and robust support to staff members and families
- An Inclusive Recruitment Guardian and participate in the interview panels for senior-level positions
- Active Member of ENRICH network with arranging meaningful events for staff members

### Autism at Kingwood – Didcot, United Kingdom (Dec 2021 – Jan 2023)

#### OAADSS Facilitator

- Offering structured post-diagnosis workshops and 1-to-1 support to people with a diagnosis of autism.
- Carrying out assessments to assess the needs of the individual referred to OAADSS and develop tailored support plans with the individual.
- Liaising with other mental health practitioners to provide extended support to clients.
- Facilitating group workshops and group discussions to referred clients

### Autism at Kingwood – Reading, United Kingdom (Dec 2021 – Jan 2023)

#### Autism Bank Support Worker

- Actively supporting people with autism spectrum disorder to achieve their life goals by actively encouraging them.
- Support individuals with their daily living skills, including assistance with meals, housekeeping and managing their money, medications and accompany individuals in the community when needed.

**Dimensions UK LTD— Bath, United Kingdom (July 2021 – Sep 2021)**  
**Support Worker**

- Support people with learning disabilities, autism and other complex needs
- Assisting them with medications, personal hygiene, domestic care and other overall needs.

**Mind in Somerset — Bath, United Kingdom (May 2021 – Dec 2021)**  
**Mindline Emotional Support Call Handler**

- Responded to incoming calls from people facing mental health issues with 85% positive feedback
- Listened to the distressed callers regarding their issues and provided general support

**Life Surfers — Remote Role (May 2020 – Apr 2021)**  
**Campaign Supervisor and Social Media Manager**

- Designed a marketing element for the initiative and curated content for multiple mental illness and wellness disorders
- Worked as a supervisor to provide guidance, monitoring, training and task distribution to new intern hires

**Nevaaan Sanchita Mental Health Foundation — Noida, India (Jul 2019 – Aug 2019)**  
**Student Intern**

- Examined clients' behavioural patterns with autism and high intellectual disability through behaviour mapping technique and daily awareness sessions
- Conducted Art, Dance and Music Therapy, among other recreational activities for clients' well-being
- Served as yoga and physical activities in-charge to aid in clients' mental health
- Designed suitable daily life tasks and activities for clients to enhance mental and physical capabilities

**Bharti AXA Life Insurance Company — New Delhi, India (Jun 2019 – Jul 2019)**  
**Student Intern**

- Led the project of analysing psychometric testing used in recruitment processes
- Studied factors impacted workplace stress and productivity
- Conducted individual surveys with employees and employers

**Moolchand Healthcare Hospital, Lajpat Nagar — New Delhi, India (Jun 2018 – Jul 2018)**  
**Student Intern**

- Documented case histories of children and middle-aged patients diagnosed with Depression, Bipolar Disorder, Obsessive-Compulsive Disorder and Autism Spectrum Disorder
- Studied case histories for the out-patient department and provided insights
- Observed occupational therapies and speech therapies sessions with children and executed motivational exercises
- Executed motivational exercises to distressed patient

