**COVER LETTER**

I am writing to express my interest in working with your organization as a Clinical Psychologist. My experience in Masters in Clinical Psychology, ignited a passionate interest in me to see this subject through. Hence, I completed my MPhil Clinical Psychology in 2022. Currently I am working as scientist B in AIIMS, Delhi.

I am passionate about understanding human behaviour and finding appropriate solution to different concerns. My interest in spirituality and fascination with how culture and family influences human behaviour, has found structure in the subject of Clinical Psychology. It has made me see that there is a certain balance that needs to maintained while understanding and planning treatment for various psychological problems. Balance in being able to see the intricacies as well as seeing it in a holistic manner. With every passing day I am understanding that this perspective of looking at things in a balanced way is what will help me be a better clinician.

In your institution, I look for an opportunity to hone my skills and provide quality community service. I look forward to an environment which helps me achieve this. If given an opportunity, I would put my sincere efforts to help the organisation achieve its goal to provide holistic quality service to the community.

Yours Sincerely Tanvi Agarwal

TANVI AGARWAL

Clinical Psychologist (RCI Registered)



# ABOUT

‘Like a wildflower, grow in places you never thought you’d grow’. This is something that I have always believed in.

# CONTACT

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# SKILLS

* Psychological assessments
* Therapeutic Management
* Statistical Analysis
* Academic Writing

# EXPERIENCE

## All India Institute of Medical Sciences (AIIMS), Delhi. Scientist B (Non-Medical) (Nov 2022-

Project “A study to examine psychosocial and behavioral domains among school going adolescents during covid-19 pandemic: mixed study design”.

* Planning and executing the methodology of the research project
* Conducting psychological assessments and therapy in Child Guidance Clinic

# EDUCATION

## Institute of Human Behavior and Allied Sciences, Delhi (RCI Recognized)

**MPhil Clinical Psychology. 2020-2022**

* IHBAS as a government hospital with the largest Psychiatric OPD in Asia helped me gain a deep understanding of various psychiatric conditions in a sociocultural context.
* The work role involved gaining detailed history, psychodiagnostic assessment as well as psychotherapy for various conditions/ emotional difficulties like adjustment disorder, depression, anxiety disorders, dissociation, OCD, personality disorders etc. across various age groups.
* I was also exposed to the role of clinical psychologist in the felid of neurology. Conducting neuropsychological assessments and providing therapy in certain neurological conditions.
* Being part of the system also helped in understanding various disability-related as well as medico-legal assessments and related concerns.
* I conducted a dissertation on Role of Mindfulness in OCD.
* Teaching
* Leadership
* Proficient in Bengali, Hindi and English

# AWARDS

* 1st position for paper presentation at research day 2020, KMC Mangalore

# HOBBIES

* Yoga
* Meditation
* Painting
* Travel
* Culture enthusiast
* Reading

## Manipal Academy of Higher Education, KMC Mangalore MSc. Clinical Psychology. 2018-2020

* I was awarded 1st position for paper presentation at Research Day 2020.
* I conducted dissertation on Mindfulness, Communication patterns and Marital Satisfaction among Married Individuals.
* I conducted various psychological assessments practiced in the field under supervision. Under supervision I was taking detailed case history of clinical patients.
* I was exposed to the working of a private and government hospital

## Gokhale Memorial Girls College, Calcutta University BA Psychology. 2015-2018

* I was exposed to various traditional means of carrying out experiments in the field of cognitive psychology

## VOLUNTEER, WORKSHOPS, INTERNSHIP



* 1. Conducted two workshops on the occasion of World Mental Health day for government school teachers of Delhi. Topic: Mental Well Being (2022)
	2. Conducted a workshop for school teachers on behalf of DALSA, New Delhi (2023)
	3. Conducted lectures on psychology for Bsc and Msc Psychiatric Nursing Students at AIIMS
	4. Part of the interview panel for selecting counsellors in a AGDAV Centenary Public School, Delhi
	5. ANTARA: Attended workshop on Relaxation Techniques-a current update conducted by Dr Subhra Chunder, Psychoanalyst
	6. CONNECT AND RESTORE: Attendend professional training on Motivational Interveiwing
	7. CARING MINDS: Attended workshops on Puberty in Children with Special Needs, Behaviour Modification, Managing Stress.



* 1. PURVANCHAL KALAYAN ASHRAM : Volunteered for Sakshatra Essesntials wherein I was coaching tribal students in English, Mathematics and soft skills.

* 1. INSTITUTE OF NEUROSCIENCE, KOLKATA: Interned under psychiatrist for a month. Exposed to various psychiatric population.
	2. NPTEL: certified course on emotional intelligence and soft skills training.