

MEHREEN MUNEEER

CLINICAL PSYCHOLOGIST

CONTACT

+91 9797866170
mehreenmuneer00@gmail.com
Srinagar, Jammu and Kashmir

SOFTWARE

SPSS
Jamovi
Canva
Microsoft Office

EDUCATION

MPhil - Clinical Psychology

IMHANS
Srinagar Kashmir

2022-2024

Thesis: Effect of attachment and coping styles on self concept in Borderline Personality Disorder

Masters in Clinical Psychology

Amity University
Delhi NCR

2020-2021

Qualitative study on understanding mental health through the lens of mental health professionals in Kashmir

Bachelors in Psychology (Honours)

Jamia Milia University
New Delhi

2015-2018

PROFILE

A compassionate and skilled Clinical Psychologist specializing in humanistic therapy with expertise in Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT). Committed to fostering self-awareness, psychological flexibility, and personal growth through client-centered and evidence-based approaches.

WORK EXPERIENCE

Counselling Psychologist

Freelance

August 2021 - July 2022

- Cognitive behavioral therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Humanistic Therapy

Internship

Canter for Behavioral Sciences, Delhi

April 2019 - May 2019

- Preparing in-depth Clinical Casework
- Conducting Individual counselling sessions
- Conducting Group counselling sessions

Internship

Moolchand Medicity, Delhi

February 2018 - March 2018

- Assisting the head clinical psychologist
- Taking case history
- Participation in mental health awareness seminars

Internship

IMHANS

June 2016 - August 2016

- Assisting the clinical psychologist
- Individual therapy sessions
- Worked with support groups at drug de-addiction center

Core Competencies

- Proficient in ACT for mindfulness and values-based behavior change.
- Skilled in CBT to restructure maladaptive thoughts and behaviors.
- Expert in DBT techniques for emotional regulation and distress tolerance.
- Experienced in psychological assessment and individualized treatment planning.
- Adept at facilitating therapy in diverse clinical settings.

Specializations

- Personality disorders
- Trauma-informed care
- Anxiety and mood disorders
- Relational difficulties