

SHALINI RAJORIA

Psychologist

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Jaipur, Rajasthan, India, 302006

I am a Psychologist with M.Phil. in Rehabilitation Psychology and experience with psychological assessments, therapeutic interventions, and individual treatment plans. My passion lies in developing insight, promoting mental wellness, and implementing evidence-based strategies to help clients succeed.

WORK EXPERIENCE

DEC 2021 - CURRENT

Clinical Psychologist | Gautam Hospital and Research Centre, Jaipur, Rajasthan, India

- Educate family members about psychiatric disorders and their impact on an individual's emotional well-being, fostering greater understanding among support systems.
- Counselling individuals, groups, or families to help understand problems, deal with crisis situations, and develop realistic action plans.
- Compiled detailed client histories using intake forms, interviews, and assessments to build a complete picture for determining optimal therapeutic approaches.
- Collaborated closely with psychiatrists when necessary to coordinate medication management efforts alongside psychotherapy interventions.
- Maintained confidential records related to individual patient treatment using Software.
- Collaborated with a Number-person multidisciplinary treatment team to discuss treatment plans, progress, and discharge decisions.
- Offered specific advice to help clients work through educational or occupational issues.
- Administered scored and interpreted psychosocial examinations for assessment of different patient markers.
- Provided psychotherapy incorporating cognitive-behavioral, client-centered, and play therapy to treat a wide range of psychological problems in patients.
- Assisted clients in developing coping strategies for managing stressors associated with daily living or specific mental health concerns.
- Conducted thorough psychological assessments to accurately diagnose disorders and inform appropriate interventions.
- Mentored junior staff members through supervision and guidance, promoting professional growth within the team.
- Managed patients with substance dependence and co-occurring Axis-I and Axis-II disorders.
- Offered individual outpatient therapy to adult clients with a wide range of psychological problems.
- Identified indications of mental deficiency, abnormal behavior, or maladjustment through direct observation.

EDUCATIONAL QUALIFICATIONS

MPhil in Rehabilitation Psychology 2024

Mahatma Jyoti Rao Phoole University - Jaipur Rajasthan

Master's In Science: Psychology 2021

Rajasthan University, Jaipur Rajasthan

PG Diploma in Guidance and Counseling: Psychology 2019

Mahatma Jyoti Rao Phoole University - Jaipur Rajasthan

Bachelor's In Science: Psychology 2018

Mahatma Jyoti Rao Phoole University - Jaipur Rajasthan

Sr. Secondary Education: Science 2015

Kendriya Vidyalaya - Banswara Rajasthan

Secondary Education 2013

Kendriya Vidyalaya No. 3 - Jaipur Rajasthan

SKILLS

- Consultations
 - Excellent communication
 - Behavioral assessment
 - Documentation and record keeping
 - Report Writing
 - Adaptability and Flexibility
 - Problem-solving abilities
 - Patient screening
 - Relationship Building
 - Psychological Testing
 - Organizational Skills
 - Multitasking Abilities
 - Self- Motivation
 - Geriatric psychology
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LANGUAGES: English, Hindi, Marwari, and Punjabi