

SNEHA SALDANA

TRAINEE CLINICAL PSYCHOLOGIST

Contact
Phone: +919604761363
Email: snehasaldana@gmail.com
Location: Nagpur, Maharashtra

Professional Summary
Enthusiastic and dedicated Clinical Psychology graduate with hands-on experience in therapeutic interventions, crisis management, and community service. Skilled in counseling diverse populations, including children, youth, and elderly, with a commitment to fostering emotional well-being and resilience.

Education
Amity University, Madhya Pradesh | 2023-2025
Master's In Philosophy in Clinical Psychology
GPA- 6.9
Amity University, Madhya Pradesh | 2021-2023
Master's In Clinical Psychology
Graduated with Distinction
T.I.M.E College | 2018-2021
Bachelor's in Business Administration
Graduated with Distinction

Clinical Experience
At GRMC as a part of my M.Phil training, I gained hands-on experience in both outpatient (OPD) and inpatient (IPD) departments, focusing on therapeutic interventions and psychological assessments. In the OPD setting, I conducted individual therapy sessions utilizing evidence-based approaches, including Cognitive Behavioural Therapy (CBT), Supportive Therapy, Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Rational Emotive Behavioural Therapy (REBT). These sessions targeted a wide range of psychological conditions, with specialized training in managing Obsessive-Compulsive Disorder (OCD) and Bipolar Affective Disorder (BPAD). Within the IPD setting, I performed comprehensive assessments, including intellectual evaluations, personality assessments, neuropsychological testing, learning disability screenings, and projective techniques such as the Thematic Apperception Test (TAT) and Rorschach Inkblot Method, contributing to accurate diagnosis and personalized treatment planning.

Skills
Therapeutic Intervention and Case Management
Proficient in delivering evidence-based therapies, including CBT, DBT, ACT, Supportive Therapy, and REBT, tailored to individual client needs.
Psychological Assessment and Diagnosis
Skilled in conducting comprehensive psychological assessments, including IQ testing, personality evaluations, neuropsychological batteries, learning disability screenings, and projective tests such as TAT and Rorschach. Capable of synthesizing assessment data to inform diagnostic clarity and treatment planning.

Multidisciplinary Collaboration and Consultation:

Experienced in working alongside psychiatrists, social workers and healthcare professionals to develop integrated care plans. Capable of contributing psychological insights in team discussions, case reviews, and patient consultations for holistic treatment approaches.

Research Proficiency and Analytical Skills:

Demonstrated ability in research analysis and content writing, with a focus on psychological studies and therapeutic interventions. Proficient in reviewing literature, conducting data interpretation, and presenting findings to inform clinical practice and evidence-based care.

Internships and Programmes

Psychology Internship (2022)
Morphic Minds

Gestalt Therapy Programme (2024)
(Dr. Sam Manickam, Amity University)

Research Experience

Mphil Clinical Psychology | 2023-2025 (Dissertation) *“Exploring the mediating role of delusional ideations and cognitive distortions on the relationship between borderline personality features and suicidal ideation : A subclinical analysis.”*

Master’s In Clinical Psychology | 2021-2023 (Dissertation) *“A Study of Musical Preferences on Personality type and Psychological well-being Among College Students”*

Bachelor’s In Business Administration | 2019-2021 (Research)
“Working Capital Of Sunpharmaceuticals”

Certificates

Rational Emotive Behavioural Therapy
Morphic Minds

Postpartum Psychiatric Disorders
CBMS, Udaipur

Languages Known

English , Hindi

Personal Interests

- Exploring Various Cultures through music
 - Volunteer Work
 - Storytelling and Documentary Viewing
-

References

Ms.Grace Sharon Joyce
gracesharonjoyce@gmail.com Licensed
Clinical Psychologist HCL Healthcare

Dr. Rajendra Kumar Sharma
rksharma1@gwa.amity.edu
Head Of Department Amity University,
Madhya Pradesh (AIBAS)

Mrs. Nabanita Barua
Licensed Clinical Psychologist
nbarua@lko.amity.edu
9506069676

Ms. Purnima Chauhan
chauhan.purnimaa@gmail.com
Clinical Psychologist
Assistant Professor
