

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) <i>“Exploring the mediating role of delusional ideations and cognitive distortions on the relationship between borderline personality features and suicidal ideation : A subclinical analysis.”</i>	
	Master’s In Clinical Psychology 2021-2023 (Dissertation) <i>“A Study of Musical Preferences on Personality type and Psychological well-being Among College Students”</i>	
	Bachelor’s In Business Administration 2019-2021 (Research) <i>“Working Capital Of Sunpharmaceuticals”</i>	
Certificates	Rational Emotive Behavioural Therapy Morphic Minds	
	Postpartum Psychiatric Disorders CBMS, Udaipur	
Languages Known	English , Hindi	
Personal Interests	<ul style="list-style-type: none">• Exploring Various Cultures through music• Volunteer Work• Storytelling and Documentary Viewing	
References	Ms.Grace Sharon Joyce gracesharonjoyce@gmail.com Licensed Clinical Psychologist HCL Healthcare	Mrs. Nabanita Barua Licensed Clinical Psychologist nbarua@lko.amity.edu 9506069676
	Dr. Rajendra Kumar Sharma rksharma1@gwa.amity.edu Head Of Department Amity University, Madhya Pradesh (AIBAS)	Ms. Purnima Chauhan chauhan.purnimaa@gmail.com Clinical Psychologist Assistant Professor