

SADIYA TABREEK

M.Phil. Clinical Psychology

Location: Delhi, India

Email id: sadiya.tabreek@gmail.com

Contact no.: +91-7678519596

LinkedIn: <https://www.linkedin.com/in/sadiya-tabreek-b1191768>

Profile:

As a dedicated Psychologist with M.Phil in Clinical Psychology, I specialize in evidence-based therapeutic methodologies. I am skilled in conducting comprehensive psychological assessments and developing tailored treatment plans, delivering both individual and group therapy. My academic and clinical experiences enable me to effectively support a diverse range of clients facing mental health challenges, including anxiety, depression, and stress-related disorders. I uphold high ethical standards in my practice and prioritize interdisciplinary collaboration to enhance treatment outcomes. My commitment to ongoing professional development ensures that I stay informed about the latest research and best practices in mental health care. Fluent in English, Hindi, and Urdu, I strive to provide compassionate, research-informed care that promotes the overall well-being of my clients.

Skills:

- Treatment Planning
- Cognitive Behavioral Therapy
- Psychological Testing
- Diagnostic Ability
- Crisis Management
- Evidence Based practitioner
- Interdisciplinary collaboration
- Collaborative Communicator
- Mixed method research

- Interviewing
- Data Analysis
- Proficient in Microsoft Office and SPSS

Education:

MPhil in Clinical Psychology

Dayanand Medical College & Hospital, Ludhiana

2022 - 2024

Master of Arts in Applied Psychology

Jamia Millia Islamia, Delhi

2020 - 2022

Bachelor of Arts (Honors) in Psychology

Aligarh Muslim University, Aligarh, UP

2017 - 2020

Diploma in Educational and Vocational Counseling

Aligarh Muslim University, Aligarh, UP

2018 – 2019

Work Experience:

Clinical Psychology Trainee - *Dayanand Medical College & Hospital, Ludhiana, Punjab, India*

August 2022 - October 2024

- Completed hands-on clinical training with in-patient and out-patient psychiatric patients.
- Provided direct care and support, honing assessment and therapeutic skills.
- Engaged in consultation liaison services, collaborating with multidisciplinary teams (psychiatrists, social workers).
- Ensured comprehensive patient management and continuity of care.

- Met requirements for RCI certification, enhancing understanding of mental health disorders and treatment modalities.

Intern- Socially Souled LLP

November 2021 - December 2021

- Participated in initiatives aimed at improving community mental health awareness.
- Assisted in designing and implementing workshops focused on mental well-being and personal development.
- Engaged in outreach efforts to promote psychological services for underserved populations.
- Developed promotional materials to foster understanding of mental health issues.

Intern- PsychEDD

October 2021 - November 2021

- Contributed to projects enhancing mental health resources for students.
- Assisted in conducting surveys and compiling data to inform mental health strategies.
- Supported awareness campaigns highlighting the importance of mental health.

Psychology Intern- HR'O' HOUR

June 2021 - July 2021

- Gained hands-on experience with various therapeutic techniques, such as the Johari Window and Empty Chair Technique.
- Employed tools like the Worry Chart to help clients manage concerns and foster resilience.
- Facilitated group sessions that encouraged open dialogue and shared perspectives.

Internship Trainee- COSAS (Verdas Health Services Pvt. Ltd.), Delhi, India

July 2020 - January 2021

- Engaged in training focused on psychological assessment and therapeutic interventions.

- Collaborated with licensed professionals to conduct evaluations and develop treatment plans.
- Participated in case discussions, enhancing skills in evidence-based practices.

Intern-Psychoshiksha

July 2020 - August 2020

- Supported educational initiatives focused on mental health awareness for students.
- Assisted in developing materials for workshops and presentations.

Social Media Marketing- Friendknows Technologies Private Limited

April 2018 - September 2018

- Managed social media campaigns to enhance brand visibility and engagement.
- Developed content strategies and analyzed performance metrics.

Social Media Marketing Intern- HEALTHSOOTRA

February 2018 - April 2018

- Assisted in creating and managing social media content promoting health initiatives.
- Engaged with audiences to build community awareness around mental health topics.

Social Media Manager- Muskurahat Foundation

February 2018 - April 2018

- Led social media strategies to promote mental health awareness and support services.
- Developed campaigns emphasizing the importance of mental well-being in the community.

Project:

1. *Effect of Cognitive Behavioral Therapy (CBT) in Cancer: Exploring Body Image Issues, Hopelessness, and Emotional Regulation*

Institution: Dayanand Medical College & Hospital

Overview: Investigated the effectiveness of CBT in supporting cancer patients facing body image concerns, hopelessness, and emotional regulation challenges. The study utilized structured CBT sessions to assess how therapeutic interventions can enhance self-image, foster hope, and improve emotional resilience.

2. *Resilience, Quality of Life, and Role of Social Support Among COVID-19 Patients*

Institution: Jamia Millia Islamia

Overview: Engaged in research examining how perceived social support mediates the relationship between resilience and quality of life in COVID-19 patients. The project involved quantitative data analysis and survey design, providing valuable insights into patient recovery and well-being.

3. *A Study on Students' Self-Esteem, Motivation Level, and Mental Well-Being*

Institution: Aligarh Muslim University

Overview: Conducted a study exploring the interplay between self-esteem, motivation, and mental well-being among students. This research aimed to understand how self-perception and motivational levels influence mental health and academic resilience, employing quantitative analysis and survey methodologies.

Other Experiences

Clinical Practice

- Conducted psychological assessments and evaluations using standardized tools for individuals with anxiety, depression, schizophrenia, and stress and trauma-related disorders.
- Developed and implemented individualized treatment plans for diverse patient populations, achieving significant improvements in mental health outcomes.
- Led group therapy sessions focusing on topics such as stress management, coping skills, and relationship dynamics.
- Collaborated with multidisciplinary teams to provide comprehensive care for patients, including psychiatrists, social workers, and medical professionals.

Research and Writing

- Authored and submitted research papers for publication in peer-reviewed journals, contributing to the academic discourse on evidence-based interventions in clinical psychology.
- Engaged in content writing for a Psychology Magazine at AMU.

Scholarships and Awards

- Awarded University Merit Financial Scholarship (2017-2020)
- Secured a scholarship for a internship training program (2020).

Certifications & Workshops

- **Conference Participation-** 8th Asian CBT Congress, AIIMS (All India Institute of Medical Sciences, New Delhi)
- **Workshop on Rorschach Inkblot Test-** Fortis Healthcare
- **Workshop on Introduction to Art in Therapy-**Fortis Healthcare
- **Workshop on Introduction to Psycho-oncology-** Fortis Healthcare

Computer Skills

Statistical Package for Social Science (SPSS), Microsoft Office (Word, Excel, Powerpoint), usage of search engines for reviewing literature.

Languages Known

English, Hindi, Urdu