



RIA KAUR MATHARU

Counselling Psychologist , Art Therapist



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Ria Kaur Matharu



New Delhi, India

SUMMARY

Counselling Psychologist and Expressive Arts Therapist, adept at fostering healing for individuals, especially children. Blend of clinical insight and creative interventions define my approach, aiming to enhance emotional well-being. Committed to tailoring therapeutic strategies to meet unique needs and contribute to holistic development. Eager to apply this multidimensional skill set to make a positive impact in the field, addressing mental health challenges with empathy and innovative solutions.

EDUCATION

M.A. Psychology

IILM University, Gurgaon

09/2022- expected/2024

- Dissertation - *“Anxiety, Stress and Burden among the female care-givers of Individual who Abuse Alcohol and female non-caregivers”*
- Electives: Emotional Intelligence, Personality, Statistics, Practical, Research Methodology, Positive Psychology, Health Psychology, Rehabilitation, Psychotherapy, Psychological Testing, Family and Couple Therapy, Social Psychology, Cognitive Behavioral Therapy

B.A. Political Science (6.7 CGPA)

SGTB Khalsa College, Delhi University

07/2019-07/2022

PROFESSIONAL EXPERIENCE

INTERN

CITTIZEN HOSPITAL (05/2024-05/2024)

- Involved in taking case history and MSE of the people who have mental health disorder.
- Conducted DASS questionnaire and enriched knowledge on psychological assessment.
- Experienced providing psycho-educational classes to the people with mental health disorder.
- Attended various skill building workshops and motivation enhancement sessions.

INTERN

TULASI HEALTHCARE REHABILITATION CENTRE

(07/2023-07/2023)

- Involved in daily routine and tasks with the people who have mental health disorder.
- Attended weekly seminar practicing clinical interviews and Mental Status Exam with unit patients under the supervision of attending psychiatrist.
- Experienced providing psycho-educational classes to the people with mental health disorder.
- Attended various skill building workshops with rehabilitation psychiatrists.

SOCIAL WORKER

OLD AGE HOME, DWARKA (02/2021 - 02/2021)

- Engaging with old age people and contributing towards the betterment of old age home.
- Allowed ample outdoor recreation time to support physical development.
- facilitated group activities to foster social engagement and community bonds among residents.
- demonstrated empathy, patience, and a genuine commitment to improving the residents daily lives.

CERTIFICATIONS

RORSCHACH INKBLOT TEST BY DR DWARKA PERSHAD

05/2024-05/2024

- gained comprehensive knowledge of the Rorschach inkblot test and an understanding about the theoretical underpinnings of the method.
- learned proper techniques for administering the test, ensuring standardizes procedures and accurate results.
- practiced hands-on experience enhancing ability to analyze and evaluate various personality structures and dynamics.

ART THERAPY, PSYCHOFLAKES

07/2023-09/2023

- explored diverse art therapy techniques designed to address a spectrum of psychological disorders.
- acquired hands-on experience in implementing art interventions for conditions such as anxiety, depression, and trauma.
- studied the impact of artistic expression on cognitive, emotional, and behavioral aspects of individuals.
- engaged in case studies and practical applications, honing skills in designing personalized treatment plans.
- participated in supervised practicum, applying learned techniques in a clinical setting under professional guidance.

TRAUMA AND GREIF THERAPY, THE PSYK-LIFE

06/2023-08/2023

- acquired a nuanced understanding of various therapeutic approaches to address trauma and grief.
- examined culturally sensitive practices for supporting individual dealing with diverse forms of trauma and loss.
- developed skills in creating safe spaces and fostering resilience in clients navigating traumatic experiences or bereavement.
- emphasized ethical considerations and self-care techniques for therapists working with trauma and grief.

CLINICAL PSYCHOLOGY COURSE, THE FOBET

02/2023-03/2023

- studied foundational theories and principles of clinical psychology, building a robust theoretical framework.
- engaged in in-depth exploration of various psychological disorders and diagnostic methodologies.
- collaborated with peers in case discussions, gaining insights into diverse clinical scenarios.
- acquired skills in therapeutic modalities, including cognitive-behavioral therapy and psychodynamic approaches.

WORKSHOP ON OBSESSIVE COMPULSICE DISORDER, PSYCHOSHIKSHA

05/2023

- explored an in-depth understanding of OCD and it's various manifestations.
- learned about neurobiological and cognitive factors contributing to the development and maintenance of OCD.
- explored exposure and response prevention(ERP) technique as a primary therapeutic approach.
- examined the intersection oof OCD with co-occurring disorder, enhancing comprehensive treatment approaches.

RESEARCH PROJECT

- *“Anxiety, Stress and Burden among the female care-givers of Individual who Abuse Alcohol and female non-caregivers”*
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SKILLS

- peer mentoring
 - problem solving group
 - dynamics research
 - competencies
 - interpersonal skills
 - active listening time
 - management highly
 - organized conflicts
 - resolution
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