



MRUNMAYEE OAK

Counseling Psychologist



+91 9220007273



oakmrunmayee@gmail.com



[Mumbai](#)



<https://www.linkedin.com/in/mrunmayee-oak-/>

EDUCATION

Master of Science (Counselling Psychology)

CMR University, Bengaluru
2022 - 2024

Bachelor of Arts (Psychology)

University of Mumbai
2014 - 2017

EXPERTISE

- Individual and Group Therapy
- Multidisciplinary Collaboration
- Conflict Resolution
- Program Development
- Advocacy and Psychoeducation

LANGUAGE

- English
- Hindi
- Spanish
- Marathi

PUBLICATIONS

• Book

Oak, M., & Saranya, T.S. (2024). Language and Emotional Expression: In-depth Understanding of How Language Affects Emotions. [LULU Publishers].

• Book chapter

Tiwari, M et al. (2023) The Spiral Processes Of Change In Therapy, Mind Matters : Navigating Mental Health in the Modern World, ISBN no: 978-81-963786-4-6

PROFILE

Counseling Psychologist with diverse experience across hospital, school, clinics, and psycho-oncology settings. I am passionate about helping individuals reframe their perception of life's challenges to develop a stronger sense of self-awareness and resilience. My experience have provided me with a comprehensive understanding of working with diverse populations, facing emotional and behavioral challenges. Skilled at individual and group counselling, developing intervention plan, psychoeducation, and interdisciplinary collaboration.

WORK/INTERNSHIP EXPERIENCE

CMHARTS, Mumbai

June 2024

Intern

- Individual counselling and assessments
- Interdisciplinary collaboration

Tata Memorial Hospital, Mumbai

Oct 2023

Intern

- Psycho-oncology counselling and patient observation
- individual and family counselling observation
- Interdisciplinary collaboration
- IQ Assessments including WISC-3

Masina Hospital, Mumbai

Sept 2023

Intern

- Working with the wider development team.
- Manage website design, content, and SEO Marketing, Branding and Logo Design

Sion Hospital, Mumbai

March 2023

Intern

- Patient initial assessment, MSE reading, case history, diagnosis observation

Asmita Vidyamandir, Mumbai

2017 - 2020

Assistant to the school counselor

- Individual and group counseling sessions for students addressing academic, social, and emotional challenges
- Program development for parents and teachers
- Assessment and progress report writing