



## Shreya Sosa Reji



## Personal details

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-  August 24, 1999
-  Female
-  Indian
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## Skills

-  **Clinical Skills:**  
Psychological assessment  
Basic counselling techniques  
Case history taking  
Observation and interviewing  
Report writing
-  **Soft Skills:** Empathy Active listening Verbal and non-verbal communication Ethics and confidentiality Teamwork Time management

## Profile

Psychology postgraduate specializing in Clinical Psychology with hands-on experience in online assessment, therapy support, and academic research. Skilled in client observation, case history, and developmental psychology. Eager to contribute to clinical settings, school counselling, or NGO-based mental health programs.

## Education

- 10 +2** **2016**  
Army public school delhi cantt, Delhi
  - Board: CBSE
- 12th** **2018**  
Army public school delhi cantt, Delhi
  - Board: CBSE
  - Stream: Humanities
- Diploma** **2018 - 2021**  
International women's polytechnic
  - Stream: Secretarial practice
- Ba hons psychology** **2019 - 2022**  
University of Delhi , Bharati College, Janakpuri
  - Psychology (with 2 year computer science)
  - Comprehensive understanding of human behavior and mental processes, including cognitive, emotional, and social aspects.
- MA Psychology** **2023 - 2025**  
Hemachand Yadav University, St. Thomas College, Bhilai  
Specialised in Clinical Psychology
  - Comprehensive understanding of cognitive, behavioral, and emotional processes and how they influence human behavior
  - Knowledge of various therapeutic approaches including CBT, psychodynamic therapy, and humanistic therapy

## Employment

**Fresher** **Present**

## Internships

- Clinical psychology intern ( online )** **Jun 2024 - Jul 2024**  
BBRFI, New Delhi
  - Conducted online psychological assessments and screenings for clients under supervision to identify mental health concerns.
  - Assisted in developing individualized treatment plans based on client needs and clinical evaluations.
  - Tools used: DASS-21, DSM-5 framework.

- Technical Skills: MS Word  
PowerPoint Excel

## PSYCHOLOGICAL TOOLS

- MMPI – Minnesota Multiphasic Personality Inventory
- Piaget's Scale for Cognitive Development
- Family Genogram
- Basic familiarity with TAT and Rorschach Inkblot Test

## Languages

English  
Hindi  
Malayalam

## Hobbies

- Reading
- Music
- Yoga
- Volunteering

### Family and marriage therapy ( online )

Dec 2023 - Dec 2023

The Marriage Fit, Bangalore

- Assisted in conducting online family and marriage therapy sessions, providing support under the supervision of licensed therapists.
- Conducted initial client assessments via video calls to gather personal and relational history for therapy planning.
- Assisted in building family genograms and understanding basic REBT/CBT models.

## Academic Project

- Title: A Study on Cognitive Development in Children: Reconfirming Jean Piaget's Theory through Parental Observation.  
Institution: St. Thomas College, Bhilai (Hemachand Yadav University)  
Duration: Jan 2025 – May 2025
- Key Highlights: Designed and conducted a structured 40-item questionnaire to assess children's developmental stages based on Piaget's cognitive theory. Collected responses from parents of children across four developmental stages (sensorimotor, preoperational, concrete operational, formal operational). Analyzed observational data to verify if children's cognitive behavior aligned with Piaget's model. Compiled a detailed research report with implications for parental guidance, early education, and developmental counselling.

## Workshop

### 1-Day Online Workshop – School Counselling

Jun 2025 - Jun 2025

Ms. Pavitra Somaiya

School-based mental health interventions and behavioural management techniques.