



CLINICAL PSYCHOLOGIST(RCI)| FORMER
ASSISTANT PROFESSOR

SYEDA AFREEN

GET IN CONTACT



WWW.LINKEDIN.COM/IN/SYEDAAFREEN97



7002448670



afreensyeda007@gmail.com



Greater Noida

D.O.B: 24/01/1997

CORE COMPETENCIES

- Clinical Assessment and Diagnosis
- Counselling/ Therapeutic Interventions & Management
- Teaching & Mentoring
- Course content development & management
- Organizing Events (Conducting workshops & seminars)

WORK EXPERIENCE

AFCME: Air Force Central Medical Establishment

08/02/2024 – 28/02/25

Dhaura Kuan, New Delhi

M.Phil Clinical Psychology Trainee (RCI)

- Case history & MSE
- Psychological assessments
- Treatment plans
- Psychotherapy (Behav.Modif., CBT, ACT, Family Therapy, ERP)
- Clinical Reports
- Crisis intervention
- Cognitive Activities
- Psychoeducation

RFS Delhi Branch: VISHWAS

04/01/2024 – 06/02/2024

Greater Noida, Uttar Pradesh

M.Phil Clinical Psychology Trainee (RCI)

- Case history & MSE
- Psychological assessments
- Treatment plans
- Psychotherapy
- Clinical Reports
- Crisis intervention
- Cognitive Activities
- Psychoeducation
- Organizing Events

Assam down town University

24/08/2020 – 18/10/2021

Guwahati, Assam

Assistant Professor

- Teaching
- Administration Work
- Field Work Supervisor
- Organizing Event

Assam Autism Foundation

05/2019 – 06/2019

Guwahati, Assam

Intern

- Teaching
- Assessments
- Record Keeping

PERSONAL PROFILE

RCI-registered Clinical Psychology trainee (Pre-RCI No.: P-2503031554-A42710923003) with experience in working with children, adolescents, and adults across a range of psychological concerns, including Autism Spectrum Disorder, ADHD, Intellectual Disability, anxiety disorders, depression, and OCD. Skilled in psychological assessments, evidence-based interventions (CBT, ERP, behavior modification, family therapy), and psychoeducation. Currently in the final phase of training at Air Force Central Medical Establishment (AFCME), New Delhi. Also holds a Postgraduate Diploma in Guidance and Counselling from Jamia Millia Islamia. Dedicated to ethical, inclusive, and compassionate mental health care.

EDUCATION HISTORY

M.Phil. Clinical Psychology (RCI)

Amitv University, Greater Noida **06/2023 – 06/2025**

Pre-RCI No.: P-2503031554-A42710923003

**Postgraduate Diploma in
Guidance and Counselling**

Jamia Millia Islamia **2023-2024**
First Division

M.A Clinical Psychology

Amity University, Noida **08/2018 – 08/2020**
7.85

- Dissertation – A study on stress, Self-esteem and Social Media Addiction among college students

B.A Psychology

Gauhati University **08/2015 – 07/2018**
8.1

- Dissertation – A study on stress due to life events among college students

Higher Senior Secondary

Army Public School **04/2014 – 05/2015**
90.2%

- Case study done in Psychiatric ward of 151 Base Hospital, Guwahati, Assam
- Elected as School Vice Head Girl

PERSONAL PROJECTS

- Presented Research Paper on "Digital Burnout and Anxiety Symptoms among Healthcare Professionals" at the National Conference on Psychology in a Globalized World, organized by Jamia Millia Islamia. (2025)
- Attended the 8th Asian Cognitive Behaviour Therapy (CBT) Congress, 2024, organized by AIIMS, New Delhi – participated in expert-led sessions and workshops on advanced CBT approaches and cross-cultural therapeutic applications. (2024)
- Conducted two day Workshop on "Self-Improvement and Stress Management" at SRM University, AP (2021)
- Organized "A Three Day National Level Workshop on Self Improvement" at Assam down town University (2021)

PERSONAL PROJECTS

- Organized "NATIONAL WEBINAR ON "CHILDREN'S PSYCHOLOGICAL CONSIDERATION FOR COVID-19 THIRD WAVE" at Assam down town University (2021)
- Organized "Understanding Mental Health through Expressive Art and Movement therapy" for MANOYUKTI (2021)
- Organized "World Suicide Prevention day" at Assam down town University (2020)
- Organized "World Mental health day" at Assam down town University (2020)
- Organized "Virtual International Conference on Strategic Response towards Promoting Sustainable Gender Equality: Experiences from the Outbreak of Covid-19" in Collaboration with College of Agriculture, Wollo University, Ethiopia (2020)
- Paper Presentation at International Conference on "Gender variation in understanding Mass Psychogenic Illness during Covid-19" (2020)
- Completed 10 days field work under Social Welfare, Government of Assam (2017)

TRAINING AND CERTIFICATION

- Youth leader- Special Olympics Bharat (06/2016)
- DBT Training workshop - Therapy beyond CBT: Hands on training on DBT (10/2018)
- PSYCHO-ONCOLOGY WORKSHOP by SABCS (03/2020)
- EFFORTLESS SLEEP TRAINING (05/2020)

LANGUAGES

- English (Full Professional Proficiency)
- Hindi (Full Professional Proficiency)
- Assamese (Full Professional Proficiency)
- Spanish (Limited Working Proficiency)

INTERESTS

- Event Management
- Social Media Management (@Decorashaan, @RedoQ)
- Dance
- Singing
- Guitar/ Ukulele
- Theatre
- Anchoring
- Video editing
- Photography

WORK EXPERIENCE

SANTULAN (Specialized center for management of psychiatric & alcohol/drug problem)
01/2019 – 03/2019

New Delhi

Intern

- Implemented treatment interventions
- Supporting clinical, educational and vocational areas
- Provided support to help patients adjust to the new psychological or cognitive limitations

SHANTI HOME

09/2018 – 10/2018

Greater Noida, Uttar Pradesh

Intern

- Developed individual treatment goals based on case history and diagnosis.
- Guided Geriatric clients in effective therapeutic exercises integrated from Cognitive Behaviour Therapy.
- Advanced De-addiction, relapse prevention and Rehabilitation service
- Vocational activities with the patients.

Destination NGO

(A Real Home for Mentally Ill Person/Children)
07/2017 – 07/2017

Guwahati, Assam

Intern

Sahayika Child Guidance Centre
(SPECIAL SCHOOL)

06/2017 – 07/2017

Guwahati, Assam

Intern

- Teaching
- Event planning

ASHADEEP (SPECIAL SCHOOL)

05/2016 – 06/2016

Guwahati, Assam

Intern

- Teaching & Vocational Activities
- Joined "MENTAL HEALTH SOCIETY"