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# SANCHALI GHOSH DASTIDAR

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Gurugram Haryana  
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## Objective

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To apply my knowledge of psychotherapy, assessment and research to help clients overcome psychological distress. To collaborate with other healthcare professionals to ensure continuity of care for clients.

## Experience

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03/2023 - 08/2023

**Disha Neuropsychiatry Clinic** — New Delhi

### Resident Clinical Psychologist

- Conducted psychotherapy sessions with individuals, couples and families to assess mental health issues and develop treatment plans.
- Developed therapeutic strategies for clients to address problems such as depression, anxiety and relationship issues.
- Collaborated with other healthcare professionals to coordinate care for patients with complex needs.
- Educated patients about mental health issues and available treatment options.
- Assessed risk factors for suicide or self-harm behaviors among clients.
- Advised caregivers on how best to support their loved ones during the recovery process.

Clinical Interviewing · Psychodiagnostic Assessment · Psychoeducation · Cognitive Behavioral Therapy (CBT) · Rational Emotive Behaviour Therapy (REBT) · Dialectical Behavior Therapy (DBT) · Acceptance & Commitment Therapy · Mindfulness-based Psychotherapy · Motivational Interviewing · Motivational Enhancement Therapy · Behavior Modification · Marital Therapy · Family Therapy · Emotionally Focused Therapy

09/2022 - 02/2023

**Dean Dayal Upadhyay Hospital**

### Resident Clinical Psychologist

- Worked with a diverse population and delivered psychotherapeutic interventions while practising multiculturalism.
- Conducted psychotherapy sessions with individuals, couples and families to assess mental health issues and develop treatment plans.
- Developed therapeutic strategies for clients to address problems such as depression, anxiety and relationship issues.
- Collaborated with other healthcare professionals to coordinate care for patients with complex needs.
- Educated patients about mental health issues and available treatment options.

Clinical Interviewing Psychoeducation · Cognitive Behavioral Therapy (CBT) · Rational Emotive Behaviour Therapy (REBT) · Dialectical Behavior Therapy (DBT) · Acceptance & Commitment Therapy · Mindfulness-based Psychotherapy · Motivational Interviewing · Motivational Enhancement Therapy · Behavior

Modification · Marital Therpay· Family Therapy · Emotionally Focused Therapy

06/2022 - 08/2022

**Perfect Mind Clinic**

**Resident Clinical Psychologist**

- Taking detailed Adult & Child Case Histories including MSE
- Preparing detailed psychological reports
- Rating Scales (YBOCS, HAM A, HAM D)
- Psychological Assessments (NIMHANS SLD, CBCL, MCMI, CONNERS, BKT, MISC, BPRS, TAT, RIBT, PANSS, BPRS)

03/2022 - 05/2022

**• National Institute for the empowerment of the persons with Intellectual Disabilities**

**Resident Clinical Psychologist**

- Screening for Intellectual disability, Autism and ADHD for certification (VSMS, DST, MISC, BKT, CONNERS, SFBT, ISAA, INCLIN)
- Presented a Talk on 'Concept of Mental Health' to students of B.E.D
- In Special Education, Conducting TOP (, Orientated Presentations) on inclusion -Leading a group of psychologists on school counselling , content making for school counselling worksheets , registrations for Remedial therapy & Workshops

12/2021 - 02/2022

**Cosmos Institute of Mental Health & Behavioral Science**

**Resident Clinical Psychologist**

- Taking detailed Adult Case Histories including MSE
- IPD Rounds with senior doctors and clinical psychologists
- Updating caregivers and family members regarding the progress in the treatment and symptomology in feedback calls
- Conducting psychological assessments for diagnostic clarification (RIBT, PANSS, MCMI, SCT)
- Psychological Assessments (Rating scales : HAM A, HAM D, MADRS)
- National Institute for the empowerment of the persons with Intellectual Disabilities - Apprenticeship

10/2021 - 11/2021

**District Government Multi-Specialty Hospital**

**Resident Clinical Psychologist**

- Taking detailed Child Case Histories including MSE
- Conducting psychological assessments to assess Intellectual Disability ( SFBT, MISC, Bhatia Battery test of intelligence)
- Conducting psychological assessments to assess Specific Learning Disabilities (NIMHANS SLD)
- Conducting psychological assessments to assess Social Development (VSMS)
- Conducting Psychological Assessments to screen for Autism (INCLIN, ISAA)
- Preparing Psychological Assessment report for certification

09/2021 - 10/2021

**Janakpuri Super Speciality Hospital**

**Resident Clinical Psychologist**

- Taking detailed Child Case histories & MSE

- Conducting psychological assessments to assess Intellectual Disability ( SFBT, MISC)
- Conducting psychological assessments to assess Social Development (VSMS)
- Conducting psychological assessments to assess Specific Learning Disabilities (NIMHANS SLD)
- Conducting Neuropsychological assessment to assess cognitive dysfunctions ( PGI-BBD)
- Conducting Psychological Assessments to screen for Autism (INCLIN, ISAA)
- Preparing Psychological Assessment report for certification

08/2018 - 11/2020

**Drishti**

**School Counselling Coordinator**

- Coordination of school counselling of the following schools
1. Ryan International School Sanpada
  2. St. Josephs High School Khandeshwar
- Conducting TOP (Teacher Orientated Presentations) on inclusion
  - Leading a group of psychologists on school counselling , content making for school counselling worksheets , registrations for Remedial therapy & Workshops

06/2017 - 11/2020

**Drishti, School**

**Psychologist**

- Counselling , Conducting of Remedial Education and Psycho-educational assessments in the following schools :
- Ryan International School Kharghar ( June 2017 – April 2020 )
- Avalon Heights International School Vashi (June 2017 )
- Red Camel International School Nerul (November 2017- February 2018)
- Podar International School Khar West ( March 2018 - April 2018)
- Lilavatibai Podar High School Santacruz ( September 2018 – May 2020)
- Hiranandani Foundation School Powai (June 2020 – till present)

06/2017 - 11/2017

**Drishti**

**Training & Development in Drishti**

- Editing & Uploading modules and presentations in Schoology ( Online Courses of Drishti )
- Editing Content related to courses in Schoology and Correcting Schoology online exams

03/2017 - 04/2017

**Yourdost health solutions pvt.ltd**

**Online Consultant Counsellor**

06/2016 - 07/2016

**MGM Hospital Vashi — Mumbai**

**Summer Internship in**

01/2016 - 03/2016

**VIMHANS DELHI**

**Short Term Internship in Mental Health in**

08/2015 - 10/2015

**Mental Health, VIMHANS**

**Short Term Internship in Mental Health in**

- 09/2014 - 09/2014     **Workshops & Webinars — Mumbai**  
**Participated in the Following**
- Childhood Psychology and Management techniques in Masina Hospital, Byculla, Mumbai on April 2014
  - MENTORING GEN-NEXT in Masina Hospital, Byculla, Mumbai on September 2014
  - Child Abuse – A Future at Stake” in Leelabai Thackersey College of Nursing on February 2013 at Leelabai Thackersey College of Nursing on February 2013
  - Metaphor Therapy, Art therapy in VIMHANS, New Delhi
  - Substance Abuse in VIMHANS, New Delhi
  - 7 Days workshop on Basic Counselling Skills organized by Indian Association of Health, Research and Welfare in January 2017
  - Participated in an online workshop on Rational Emotive and Behaviour Therapy (Basic Level) facilitated by Dr Debbie Ellis organized by Your Dost Academy held from 22nd – 24th May 2020
  - Participated in an online webinar on Family Therapy conducted by Eros Psycoun Services on 22nd May 2020
  - Participated in an online webinar on Solution Focused Brief Therapy conducted by Eros Psycoun Services on 24th May 2020
  - Participated in an online webinar on Narrative Therapy conducted by Eros Psycoun Services on 20th May 2020
  - Participated in online workshop on Art Therapy : Basics & Beyond conducted by Your Dost Academy on 26th July 2020.
- 04/2013 - 04/2013     **Wonderkids — Vashi, Navi Mumbai**  
**Teacher**
- Conducted a summer camp for primary school children
- Jan - 02/2001     **YourDost**  
**Part Time Online Internship**
- In online text, video and audio counselling in Yourdost health solutions

## Education and Training

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- 08/2023     **Amity Institute of Behavioral Health & Allied Sciences**  
M.Phil: Clinical Psychology  
First Year : GPA: 6.52  
Second Year : Results Awaited
- 06/2017     **Amity University** Noida, UP  
M. A: Clinical Psychology  
Semester 1 : SGPA = 7.22  
Semester 2 : SGPA= 6.64, GPA: 6.93  
Semester 3rd: SGPA: 5.93, GPA: 6.60,  
Semester 4th: SGPA: 8.26, GPA: 7.00
- 05/2015     **SNDT University** Churchgate, Mumbai  
B. A.: Psychology  
1st Semester =, GPA: 58%, GRADE-B

2nd Semester = 61.5%, GRADE-A  
3rd Semester = 65.83%, GRADE-A  
4th Semester, GPA: 62.17%, GRADE-A  
5th Semester, GPA: 72.3%, GRADE- A  
6th Semester, GPA: 68.67%, GRADE-A

05/2012

**GD Goenka World School** Gurugram, Haryana  
IB  
GPA: 52.6%

01/2010

**Antwerp British School** Antwerp, Belgium  
International General Certificate of Secondary Education (IGCSE)  
GPA: 51%

## Accomplishments

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- Presented Paper entitled “ Impact of Social Isolation and Burnout on Psychological Capital among work from home employees” in at the 49th National Annual Conference of Indian Association of Clinical Psychologists (NACIACP) on 11th February 2023 at SGT University Gurugram, India
- Publication of Abstract of research paper entitled “Impact of Social Isolation and Burnout on Psychological Capital among work from home employees” in souvenir of 49th National Annual Conference of Indian Association of Clinical Psychologists (NACIACP)
- Promoted as School Counselling Coordinator of Drishti (August 2018)
- Presented Paper entitled “ Relationship between status & type of employment with marital adjustment & mental wellbeing among married women” in National Seminar on 'Positive Psychology And Spirituality For Holistic Health' organized by Amity Institute of Psychology & Allied Sciences Noida in Association with and Morarji Desai National Institute of Yoga Supported by Indian Council of Medical Research New Delhi
- Publication of Abstract of research paper entitled “ Relationship between status & type of employment with marital adjustment & mental wellbeing among married women” in Souvenir of National Seminar on 'Positive Psychology And Spirituality For Holistic Health' organized by Amity Institute of Psychology & Allied Sciences Noida in Association with and Morarji Desai National Institute of Yoga Supported by Indian Council of Medical Research New Delhi

## Certifications

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Attended Amity Military Training Camp in Manesar Communication Skills from Amity University Noida Behavioral Science from Amity University Noida Foreign Business Language ( French) Crisis Intervention and Trauma Management – Advanced Course by Prabhav (An initiative by Drishti)

## Interests

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HOBBIES , Listening to Music Reading Cooking Physical Health Exercise I hereby declare that the above furnished details are true to the best of my

## Languages

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- KNOWN English, Hindi, Bengali
- GENDER Female