



# RIMPLE DAHIYA

CLINICAL PSYCHOLOGIST

## CONTACT

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✉ Rimpledahiya475@gmail.com

📍 Ambala (Haryana)  
INDIA

## EDUCATION

10th (CBSE)  
ARMY PUBLIC SCHOOL  
• 7.2 CGPA

12th (CBSE)  
ARMY PUBLIC SCHOOL  
• 80%

Bachelors of Arts  
KURUKSHETRA UNIVERSITY  
• 70% overall and scored  
highest at college level in  
two semesters

Masters of Arts  
KURUKSHETRA UNIVERSITY  
• 80%

M.PHIL in Clinical Psychology  
National Institute of Mental  
Health and Allied Sciences  
(NIMHANS), Bangalore

M.PHIL in Clinical Psychology  
Institute of Human Behaviour  
and Allied Sciences (IHBAS),  
New Delhi - Attended

GATE 2022 (XH - Psychology)  
Qualified

## PROFILE

With over 2.5 years of experience working with diverse clinical populations in a renowned mental health facility and specialized training in adolescent mental health during my time at NIMHANS, I have cultivated a strong foundation in psychological assessments, evidence-based therapeutic interventions, and research methodologies. My expertise lies in addressing complex psycho-social and behavioural challenges, particularly among adolescents and young adults. During my tenure at NIMHANS, I successfully conducted a comprehensive dissertation project, encompassing study design, data collection, statistical analysis, and interpretation, which significantly enhanced my research acumen and analytical skills.

Working closely with patients has strengthened my resilience and sparked my interest in teaching. I discovered that simple psychoeducation and clear communication can profoundly impact a patient's recovery. This experience has motivated me to explore teaching to empower others with knowledge, both within clinical settings and beyond.

## INTERNSHIP (KALPANA CHAWLA GOVT MEDICAL COLLEGE AND HOSPITAL, KARNAL)

As an intern, I was actively involved in taking detailed case histories and conducting Mental Status Examinations (MSE) for patients visiting the OPD and those admitted to the wards. This hands-on experience significantly refined my communication skills, enabling me to build rapport with patients, gather comprehensive information effectively, and navigate sensitive conversations with empathy and professionalism.

## WORK EXPERIENCE

During my 1.5-year tenure as a trainee at IHBAS Delhi during the COVID-19 pandemic, I was actively involved in providing mental health support to migrant laborers in various shelter homes. As a mental health professional, I conducted mental health assessments, offered psychological first aid, and provided necessary interventions to address the distress faced by individuals during this challenging period.

This role required me to collaborate closely with multidisciplinary teams, including police personnel, general physicians, and shelter staff, to ensure comprehensive care and support. Working in such a dynamic environment sharpened my communication, teamwork, and time management skills as I navigated complex situations and coordinated efforts across disciplines. This experience further deepened my understanding of mental health challenges in vulnerable populations and strengthened my ability to adapt and respond effectively in high-pressure scenarios.

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## LANGUAGES

- English (Fluent)
- Hindi (Fluent)
- Punjabi (Fluent)

## PERSONAL SKILLS

- *Attention to Detail*
- *Decision Making*
- *Critical thinking and problem-solving*
- *Time Management*
- *Communication Skills*

## PROFESSIONAL SKILLS

**Psychological Assessments:** Personality Assessments like Rorschach Inkblot Test, Thematic Apperception Test (TAT), Minnesota Multiphasic Personality Inventory (MMPI), Structured Clinical Interview for DSM-5 (SCID), International Personality Disorder Examination (IPDE), Sentence Completion Test, House-Tree-Person Test (HTP).

Cognitive and intelligence tests: Wechsler Adult Intelligence Scale (WAIS), Wechsler Intelligence Scale for Children (WISC), Raven's Progressive Matrices, Binet-Kamat Test (BKT), Vinland Social maturity scale (VSMS).

Neuropsychological Assessments: Montreal Cognitive Assessment (MoCA), Mini-Mental State Examination (MMSE), NIMHANS Neuropsychological Battery, AIIMS Comprehensive Neuropsychological Battery in Hindi.

Developmental Disorders/difficulties Assessments: Child Behavior Checklist (CBCL), Indian Scale for Assessment of Autism (ISAA), INCLIN Diagnostic Tool for Autism Spectrum Disorder (INDT-ASD), Conners Comprehensive Behavior Rating Scales (CBRS), NIMHANS SLD Battery.

During my posting in the Neuropsychology Unit, I had the opportunity to be a part of an awake craniotomy procedure. I was involved in conducting real-time neuropsychological assessments while the patient was undergoing brain surgery. These assessments were crucial in mapping critical brain functions, ensuring the preservation of essential cognitive and language abilities during tumor resection.

**Therapeutic Interventions:** First wave therapies like Behaviour therapy and exposure therapy. Second wave therapies- CBT, REBT. Third wave therapies- ACT, DBT, MBCT. Couple and Family therapy. Psychological First Aid, Supportive Counseling & Psychoeducation, Breaking Bad News (BBN) & Grief Counseling, Social Skills Training.

**Research Skills:** Study design, data collection, statistical analysis, report writing. I have completed a dissertation titled "Empty Nest Phase: Its Psychological and Technology Use Correlates" as part of M.Phil. in Clinical Psychology.

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**Strong Communication and Interpersonal Skills:** Experience working with adolescents and diverse populations

**Tools:** SPSS, Microsoft Office Suite.

## HOBBIES

I enjoy **reading non-fiction books** as they provide valuable insights and broaden my understanding of various subjects, particularly in psychology and self-development. **Listening to music** is another passion of mine, as it helps me relax and serves as a creative outlet to unwind after a busy day. Additionally, I have a keen interest in **learning new languages**, which not only enhances my communication skills but also allows me to explore diverse cultures and connect with people from different backgrounds.