**Resume**

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SYEDA MAMATA JINNAT ADAM

# Professional Summary

Dedicated & empathetic Clinical Psychologist with extensive experience in Child, adolescent & adult mental health, family counseling & psychosocial support. Skilled in conducting individual & group therapy, conducting assessments, Delivering workshops & webinars on various psychological topics and promoting holistic well-being through evidence based practices. Adept at working in both clinical & academic settings with a strong commitment to mental health advocacy, ethical practice & collaborative care.

# Work Experience

**Job Position:** Consultant Clinical Psychologist at **Medicity Hospital**, Guwahati since June, 2022

* Conduct Psychological Assessments using standardized tests, interviews and observation to diagnose mental and emotional disorders.
* Diagnose mental, emotional, behavioral or developmental disorders.
* Evaluate cognitive, emotional and social functioning of patients.
* Deliver Psychotherapy through individual, group or family sessions using evidence based modalities like Cognitive Behavioral Therapy, Play therapy etc.
* Support patients managing stress. Anxiety, trauma, Anxiety, depression and other disorder.
* Offer immediate psychological support during emergencies.
* Coordinate with psychiatrist and other specialist when needed.
* Maintain detailed and confidential patients record.
* Psycho-educate clients and his/her families about the disorders and copying strategies.
* Supervise interns or junior psychologists.

**Since 2019**, I have been working as a school Psychologist at **Army Public School, Narangi** where I provide psychological support to children and adolescents. I also serve as a core member of the Inclusive Education team, dedicated to supporting students with special needs.

# Past Experience( 2016-2018)

* Delhi Psychiatry Centre, Preet Vihar, Delhi
* Air Force Central Medical Establishment, Dhaula Kuan
* Army Hospital, Dhaula kuan
* Perfect Mind Clinic, West Patel Nagar, Delhi
* National Institute of Mental Health and Neurosciences, Bangalore
* Deen Dayal Upadhyay Hospital , Delhi

**Certification**:

* **RCI Registration**- Licensed by Rehabilitation Council of India (RCI) to practice as a Clinical Psychologist **(CRR NO-** A63479)
* Certificate course in Counseling (Mind India)

**Skills:**

* Psychological Assessments & Diagnosis
* Psychotherapy
* Individual, group, family & marital counseling
* Case documentation & report writing
* Empathy, Active Listening & Rapport Building
* Mental Health Program Planning
* Workshop / Webinar Facilitation

# Academic Qualifications –

**Master of Philosophy (M.Phil) in Clinical Psychology (2016-2019)**

* Amity Institute of Behavioral (Health) & Allied Sciences, Noida
* Obtained 1st Division
* Dissertation: The Relapse of Schizophrenia & Family Functioning

**Maters of Arts (M.A) in Applied Psychology (2013- 2015**)

* Jamia Millia Islamia University, Delhi
* Obtained 1st division with distinction
* Dissertation: Parenting style : An Intergenerational study

**Bachelor of Arts (B.A) in Applied Psychology**

* University of Delhi, Delhi
* Obtained 1st division

**Higher Secondary Examination Certificate (H.S.C)**

* Lady Keane College Shillong, Meghalaya
* Meghalaya Board
* Obtained 1st division

**High School Leaving Certificate (H.S.L.C)**

* South Point School, Guwahati, Assam
* CBSE Board
* Obtained 1st division

**Academic Achievements:**

* Stood Third in class in Bachelor of Arts (Applied Psychology)
* Stood Third in class in H.S.C

#  Internship ( 2013-2015)

* Guwahati Medical College & Hospital, Guwahati
* Mind India, Guwahati

# Workshops & Webinar conducted ( As a Resource Person)

* Conducted workshop on **Parental Involvement in Nutrition** for parents & educators promoting healthy eating habits and lifestyle awareness.
* Delivered webinar on **Internet Addiction** among Adolescents addressing signs, prevention strategies & digital well-being.
* Facilitated awareness session on **Substance Abuse** for **students & parents,** focusing on early detection and preventive measures.
* Organized Interactive session on **Effective Parenting Techniques** for building emotional intelligence and resilience in children
* Training session for teachers on Identifying at**- Risk students and Mental Health First Aid** in school settings.

# Workshops & Webinar (Attended)

* Therapeutic practices in Mental Health Interventions (28th August -01 Sept 2023)
* Capacity Building for APS Counselors on suicide Prevention (29th Jan -02 feb)
* Behind the happy faces (9-11 Oct 2023)
* POCSO Act for teaching and non –teaching Col A Bhardwa
* School Health and Wellness (6th June)
* NEP Implementation (Understanding CwSN)
* Time Management (8th june)
* Stress Management Handling Children with Suicidal Tendencies
* Society for Institute of Psychological Research and Health: Cross sectoral scheme in health and education
* Comprehensive Analysis And Recommendations Balanced Nutrition In educational Institutions
* Centre for violence against women and Mental Health
* Understanding the link between alcohol and domestic violence
* Humanizing School Discipline
* Promoting Self –Awareness and Resilience: Navigating Academic Challenges and Overcoming Fear of Failure

**Research & Publication:**

* Completed a study titled: “The Relapse of Schizophrenia & Family Functioning” – M.Phil Degree.
* Completed A study Titled: “Parenting Style: An Inter-Generational Study”- Mater Degree.
* The article titled “Parenting Style: An Inter-Generational Study” was published in December 2015 in **The International Journal of Indian Psychology.**
* The article titled “ Psychological Impact of COVID-19” was published in a prominent English -language Daily Newspaper of Assam “**Assam Tribune”** • The article titled “ The Psychological & Social Well-being of Depression” was published in a prominent **Magazine Nandini**