

● PSYCHOLOGIST ●

“Compassionate Psychologist dedicated to promoting mental wellness and fostering positive change in individuals' lives.”

EXPERTISE	PROFILE
<ul style="list-style-type: none">Psychological AssessmentPsychotherapiesDiagnostic InterviewsPsychometric TestingBehavioral ObservationsMental Health DisordersTreatment PlanningRisk AssessmentSafety Planning & CounselingResearch and EvaluationPCOS/PCOD Management Care	<ul style="list-style-type: none">Dedicated towards the field of clinical psychology who actively engaged in collaborating with psychiatry patients, effectively managing cases spanning diverse mental health conditions. Capable of providing crisis intervention services to clients in acute distress or facing immediate psychological emergencies, including assessing risk, implementing safety plans, and coordinating appropriate care.Cultivates patient compliance through thoughtfully planned activities, fostering a positive therapeutic rapport. A proactive communicator, consistently seeking clarity and order to optimize. Skilled in providing evidence-based psychotherapy interventions to Individuals & Children.Experienced in formulating comprehensive psychological assessments, including diagnostic interviews, psychometric testing, and behavioral observations, to evaluate and diagnose mental health disorders. Based on assessment findings and developing effective treatment plans tailored to client's specific needs and goals; experiencing various mental health challenges, including anxiety, depression, mental health challenges including Bipolar Disorder, psychosis, manic episodes, depression, and daily behavioral issues.Demonstrates exceptional professionalism and efficiency in patient interactions, fostering a supportive therapeutic environment. Thorough understanding of ethical guidelines and legal requirements in psychology, ensuring adherence to professional standards and maintaining client confidentiality.

ACHIEVEMENTS

- ⇒ Successfully organized a comprehensive Personality Development Workshop spanning 10 hours, tailored for first-year students enrolled in both the English Medium and Gujarati Medium programs. The workshop was hosted within the Post Graduate Section of the Department of Psychology at Maniben Nanavati Women's College.
- ⇒ Acknowledged by the Department of Psychology's Post Graduate Section for adeptly overseeing a month-long Suicide Awareness campaign titled "Self-Care Central." This campaign was strategically aligned with both the World Suicide Prevention Day and World Mental Health Day, and was an integral part of the Mind Mela Initiative. The campaign took place from September 2022 to October 2022

PROFESSIONAL EXPERIENCE / INTERNSHIP

PSYCHOLOGICAL RESEARCH INTERNSHIP

Happy Space centre for Mental health and Research	August 2023
<ul style="list-style-type: none">Understanding the importance and purpose of research in advancing knowledge and addressing gaps in existing understanding.Identifying and defining specific research problems or gaps in knowledge that need to be addressed.Conducting a comprehensive analysis of existing research and scholarly works relevant to the research problem to gain insights, identify gaps, and build a theoretical foundation.Formulating clear and specific research objectives that guide the research process and define the intended outcomes.Crafting testable hypotheses that predict the expected relationship between variables or the anticipated outcomes of the research.Planning and selecting an appropriate research design, methodology, and data collection techniques to gather relevant data and answer the research questions.Writing detailed research reports that document the research process, findings, and conclusions effectively.Providing support in reviewing and assessing sample research materials, assignments, and research proposals for quality and adherence to established research standards.	

CLINICAL PSYCHOLOGY

- Providing care for patients with severe mental health conditions.
- Administering case history and conducting psychological testing, including projective tests and personality assessments like the Rorschach inkblot test, Minnesota Multiphasic Personality Inventory, Millon Clinical Multiaxial Inventory, etc.
- Analyzing and conceptualizing each case to determine appropriate therapeutic approaches and planning therapy sessions and activities accordingly.
- Regularly evaluating & tracking client progress throughout therapy, making necessary adjustments to treatment plans as required.

CLINICAL PSYCHOLOGY

Tairas Mental Health Care

Jan 2023 – Apr 2023

- Performing comprehensive psychological evaluations and assessments to diagnose mental health conditions and develop treatment plans.
- Offering individual sessions to address emotional, behavioral, and psychological issues and promote mental well-being. Creating personalized treatment plans tailored to the specific needs of each client, incorporating evidence-based therapeutic techniques.
- Providing immediate support and intervention during mental health crises and emergencies to ensure safety and stabilization.
- Planning appropriate activities for the patients so that the patients find compliance.

CLINICAL PSYCHOLOGY

Anandvan Wellness Centre in Nalasopara, Mumbai

Aug 2022 – Oct 2022

- Actively engaging in an internship where she collaborated with psychiatry patients, managing cases associated with diverse mental health conditions.
- Conducting suitable psychological assessments and delivering essential interventions to address the patient's needs.
- Conducted psychological assessments utilizing a variety of tools and techniques, including House-Tree-Person analysis, Thematic Apperception Test (TAT), Rating Scales, and Kinetic Family Drawing, to gain deep insights into clients' cognitive and emotional profiles.
- Administering case history and conducting psychological testing, including projective tests and personality assessments like the Rorschach inkblot test, Minnesota Multiphasic Personality Inventory, Millon Clinical Multiaxial Inventory, etc.

CLINICAL PSYCHOLOGY

Department of Psychiatry, Seth G. S. Medical College & KEM Hospital

Jun 2022 – Jul 2022

- Engaging in an internship where she had the chance to observe and acquire knowledge in various skills pertaining to psychometric assessments, such as IQ, projective, memory, and personality tests.
- Gaining valuable insights by witnessing and studying the process of interacting with patients, as well as acquiring the ability to conduct psychiatric history-taking.
- Demonstrating exceptional efficiency and professionalism in her interactions with patients and mentors.

INTERNEED

The Children's Aids Society, Children's Observation Home Umerkhandi, Mumbai.

2019

- Assisting and providing support to children who are under observation (courtship) and children under protection at the facility.
- Ensuring the safety & well-being of children who come from diverse backgrounds and face difficulties in fitting in with their peers.
- Identifying and addressing the various psychological issues experienced by the children in their daily lives, including anger, fear, psychosomatic symptoms, self-abuse, schizophrenia, jealousy, and seizures.
- Collaborating with a clinical psychologist to gain insights into the underlying processes related to the psychological issues faced by the children.
- Conducting seminars to enhance the children's understanding of their bodies and minds, enabling them to develop a better grasp of themselves.
- Supporting the children in their learning journey, recognizing that the classroom and group activities can be challenging for them.
- Embracing the opportunity to learn from and engage with these exceptional children, fosters a positive and enriching experience.

EDUCATION

- ⇒ **Masters of Arts in Clinical Psychology** from Maniben Nanavati Women's College, Shreemati Nathibai Damodar Thackersey Women's University, Mumbai.
- ⇒ **Post-Graduation Diploma (Counseling Psychology)** from Manthan Psychotherapy & Counseling Polyclinic & Training Centre.
- ⇒ **Bachelor of Arts in Psychology** from SNDT College of Arts & SCB College of Commerce and Science for Women's, Mumbai.
- ⇒ **Diploma in the French language at the A1 and A2 levels**, specifically the DELF A1 and A2 (Diplôme d'études en langue française).
 - Diplôme d'études en langue française A1
 - Diplôme d'études en langue française A2
- ⇒ **French Language Courses up to B1 and B2 levels** from Alliance Française de Bombay.

Dissertation:

- ⇒ "An investigation of the Relationship between Anxiety, Grit, Self-esteem and Quality of Life experienced by women diagnosed with Polycystic Ovary Syndrome (PCOS).

CERTIFICATION

- ⇒ **Successfully completed :**
- ⇒ "Counseling Internship and Supervision Program" at Tairas Mental Health Care from January to April 2023.
- ⇒ Certified professional Makeup Artist by Savio John Pereira Makeup Academy, Natasha Dhody Makeover.
- ⇒ Workshop on Mastery in Communication & Dining Etiquette course by Sabira Merchant & Manisha Thakkar, signifying her active participation and outstanding performance.
- ⇒ 6-week myEnglish Intermediate 2 course by British Council held on September, 2021.
- ⇒ 6-week English Intermediate 1 course by British Council held on August, 2021.
- ⇒ An Upper-Intermediate English course at the British Council.
- ⇒ "Introduction to the Basics of Seventh Edition APA Style" conducted by Dr. Homi Bhabha State University, and the Department of Psychology, Elphinstone College, Mumbai. The event took place on Nov 2020.
- ⇒ Certificate Course in "Orientation to Psychological Assessment & Basic Counseling "conducted by the P.G. Department of Psychology within Maniben Nanavati Women's College during the academic year 2022-23.

Fortis Mental Health

- ⇒ 3-day course on Introduction to Rorschach Inkblot Test. The course was held in July 2021.
- ⇒ 2-day course on Introduction to School Psychology. The course took place in July 2021.
- ⇒ 2-day course on Introduction to Positive Psychology. The course was held in July 2021.
- ⇒ 3-day course on Introduction to Psycho-Oncology. The course was held in June 2021.
- ⇒ 15-day Clinical Psychology Internship for college students. The internship was held in Apr 2021.

Alliant International University

- ⇒ "Telehealth and Videoconferencing Psychotherapy" conducted by Steven Thorp, PhD, ABPP in June 2020.
- ⇒ "Surviving and Thriving in Predominantly White Institutions: Specific Insights for Historically Underrepresented Graduate Students" conducted by Julii Green, Ph.D. The session took place in July, 2020.

Indian Institute of Healthcare Management Research

- ⇒ "Professional Practice in Health Insurance" conducted by the Indian Institute of Health Management Research. The course was held in July, 2021.
- ⇒ Management Development Programme on "Essentials of Good Pharmacy Practice: Special Emphasis on COVID-19 Management" The program took place in June, 2021.
- ⇒ Training program on "Practicing Public Health Nutrition", the program was held in May 2021.
- ⇒ Management Development Programme on "Hospital Preparedness on COVID Safe Clinical Practices." The program was conducted in July 2020.

CONFERENCES/ SEMINAR / WORKSHOP

- ⇒ "A Holistic Approach to Mental Health" at the International Conference on Mental Health organized by the Department of Psychology at Madras School of Social Work, Tamil Nadu. The conference took place in February 2023.
- ⇒ Workshop on "Mental Status Examination and Case History: A Psychotherapeutic Perspective" held on September 2022, at Lokmanya Tilak Municipal Medical College in Mumbai.
- ⇒ Webinar on 'Neuropsychology' conducted by Mr. Sunny Joseph, Clinical Psychologist, and Neuropsychologist held on July 2020.
- ⇒ Introduction to Research Designs—From Theory to Practice conducted on April, 2020.
- ⇒ "Recent Insights into Addiction Recovery" held on February 2018 at Kripa Foundation, Bandra.
- ⇒ "Multi-disciplinary National Conference on Positive Footprints: Towards A Healthy Society" BPA Silver Jubilee Conference, in collaboration with the Department of Psychology at Smt. P. N. Doshi Women's College held in January, 2018.

PERSONAL DOSSIER

Nationality: Indian

Gender: Female (She/Her)

Date of Birth: 9th March 1998

Address: JB Nagar, Andheri East, Mumbai- 400059, Maharashtra.

Languages Known: English, Hindi, Marathi and French.

References Available Upon Request.