

# MUSKAAN BHATIA

## CONTACT:

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## SKILLS:

- Psychological Assessment & Diagnosis
- Psychotherapies
- Case Formulation & Treatment Planning
- Report Writing & Documentation
- Child Assessments
- Research Methodology & Statistical Analysis
- Lecturing & Public speaking
- Mentorship & Supervision
- Conference Presentation
- Multidisciplinary Team Collaboration
- Cultural Sensitivity

## SUMMARY

A Psychology Graduate from Delhi University, and Post-Graduate from IGNOU in Psychology. Recently, I have completed my M.Phil in Clinical Psychology from Central India Institute (CIIMHANS Hospital) and awaiting my RCI license.

During my M.Phil training of 2 years, I have worked with patients of mental illness engaging them in diagnostic procedures, psychological assessments and therapies as a part of their treatment and fulfilling other IPD and OPD duties. Other than the clinical duties, my academic work included presentation of case conferences, seminars, journal clubs and submission of assessment and therapy reports and completion of a dissertation. I have also been a part of many outreach programs, organised by the hospital, as the main presentee.

Previously, I have had a full-time teaching experience as a primary teacher both online and offline and have been a part of quite a few internships and training programs to enhance my skills and practical abilities during the graduation and post graduation years.

Simultaneously, I have also been active in various extra-curricular activities for all these years to refine my personality and interpersonal traits, and to be able to work under pressure and adapt to new situations and challenges to best enhance the organizational brand.

## WORK EXPERIENCE

**Clinical Psychologist Trainee | CIIMHANS Hospital,**

**Chhattisgarh**

August, 2023 - July, 2025

- Formulated detailed case history and MSE for diagnosis
- Conducted psychological assessment (e.g., Rorschach, TAT, MMPI, MCMI, DST, VSMS, SFBT)
- Provided psychoeducation and psychotherapies (e.g., CBT, DBT, MET, ERP)
- Presented case conferences, seminars, journal clubs
- Created detailed assessment and therapy reports for OPD and IPD patients

**School Counselor & Primary Teacher | Delhi Public School, Greater Noida**

July, 2022 - March, 2023

- Provided individual and group counseling sessions
- Identified at-risk students and collaborated with teachers and parents for support plans
- Delivered age-appropriate lessons
- Assessed student learning and maintained academic records

**Mental Health Counselor | Kashti Foundation, Delhi**

August, 2022 - January, 2023

- Conducted virtual therapy sessions for all age groups
- Conducted mental health screenings and initial assessments (e.g., BDI, BABS, BPRS, YMRS)
- Maintained detailed session notes and client progress report

**Mental Health Counselor | Vandrevala Foundation**

July, 2022 - August, 2022

- Scheduled and managed client appointments
- Conducted virtual therapy sessions for all age groups
- Conducted mental health screenings and initial assessments (e.g., BDI, BABS, BPRS, YMRS)
- Engaged in follow-up communication

**Clinical Psychologist Trainee | VIMHANS Hospital, Delhi**

January, 2022 - March, 2022

- Maintained detailed clinical case records and therapy progress notes
- Conducted mental health screenings and initial assessments (e.g., BDI, BABS, BPRS, YMRS)
- Participated in supervision sessions
- Provided psychoeducation to clients and caregivers on mental health issues

**Educational Counselor & Facilitator |**

**Freadom(Stones2Milestones)**

October, 2021 - January, 2022

- Conducted one-on-one sessions to address performance issues
- Guided students in course selection and career exploration

- Implemented age-appropriate educational activities

### **Clinical Psychologist Intern | Fortis Hospital, Noida**

June, 2018 - June, 2018

- Conducted preliminary intake interviews and MSE
  - Assisted in administering and scoring of psychological assessments
  - Observed therapy sessions under licensed supervision
  - Participated in clinical case discussions
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## **EDUCATION**

### **M.Phil : Clinical Psychology (RCI)**

CENTRAL INDIA INSTITUTE, DEWADA

2023 – 2025

Presentations, Event organiser and management, Mentorship and supervision, Outreach programs, Research work

### **Master of Arts : Psychology**

IGNOU (Indira Gandhi National Open University), DELHI

2020 – 2022

### **Bachelor of Arts : Applied Psychology**

UNIVERSITY OF DELHI, DELHI

2016 – 2019

Western dance society, Fashion society, DU student union, Public speaking, Event organiser and management, Social service volunteering

### **Senior Secondary : Humanities/ Humanistic Studies**

DELHI PUBLIC SCHOOL, GREATER NOIDA

2015 – 2016

Debate, Dance, Art & Craft, Swimming

### **Secondary**

DELHI PUBLIC SCHOOL, GREATER NOIDA

2013 – 2014

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## **CERTIFICATIONS/COURSES**

### **Behaviour Modification : Certificate Course**

SENSABLE CHILD

May, 2025

- Behaviour assessment, scoring and interpretation
- Psychological theories behind Behaviour Management
- Behaviour Modification techniques and application
- Case discussions

### **National Multiple Personality Day : Online Webinar**

CIIMHANS Hospital

March, 2025

- Dissociative Identity Disorder and related clinical challenges
- Insights into diagnosis, differential assessment and therapeutic approaches
- Case discussions

### **Child Psychometric Testing : Certificate Course**

SENSABLE CHILD

January, 2025

- Administration and interpretation of child psychological tests (e.g., BKT, CPM, GDT, SPM)
- Scoring techniques and report writing for child assessments
- Case discussions

### **Happiness & Positive Mental Health : Workshop**

GOOD MENTAL HEALTH

September, 2021

- Subjective well-being, resilience and psychological flourishing
- Practical strategies for enhancing positive emotions
- Positive psychology and its importance

### **Forensic Psychology & Criminology : Certificate Course**

UNIQUE INSTITUTE OF BEHAVIOURAL SCIENCES

September, 2017

- Foundational knowledge of Criminal behaviour, offender profiling, and forensic assessment

- Roles of forensic psychologists
  - Analysis of real-life case studies
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## **RESEARCH EXPERIENCE**

### **Publication : Transition in Gender Roles in Contemporary Indian Society**

EXCEL INDIA PUBLISHERS

January, 2018

Book: *"Applications of psychology – reaching out and making a difference"*

The aim of this research was to study the transition in gender roles that is characterizing contemporary society in India. From this perspective, the research focused not on how male and female differ, but on how people think they have changed over a period of time.

### **M.Phil CP Dissertation : Development & Application of Gestalt Based CBT Module for School-Going Children with Emotional Disturbance**

CENTRAL INDIA INSTITUTE

February, 2025

The aim of this research was to develop a Gestalt based CBT therapy module and assess its applicability in the improvement of emotional disturbance in school-going children. Pre and Post assessment method was used and Mann-Whitney and Wilcoxon test were used for analysis which showed significant improvement in emotional disturbance of children in the post assessment.

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## **CONFERENCE PRESENTATION**

### **Guest Speaker : Mental Health Issues in Adolescents**

VIGYAN VIKAS KENDRA, CHHATTISGARH

16<sup>th</sup> September, 2024

### **Guest Speaker : Recognising and Addressing Mental Health Issues in Law Enforcement**

POLICE TRAINING SCHOOL,

CHHATTISGARH

27<sup>th</sup> July, 2024

**Online Workshop : Occupational Stressors and ways to  
manage it**

GLAD U CAME, MUMBAI

1<sup>st</sup> September,2023

**Guest Speaker : The Importance of Mental Health and its  
Care**

IITM(FACTech-Research Club), JANAHPURI

10<sup>th</sup> October,2022