



Meghna Kanwat

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Objective

Dedicated and compassionate Clinical Psychologist with experience in diagnosing, treating, and supporting individuals with mental health challenges. Strong background in psychological assessments, treatment planning with evidence based therapeutic approach and crisis intervention. Seeking to contribute my expertise to organisations vision and goal to the best of my abilities.

Skills

- Diagnosing
- Psychotherapy
- Psychological Assessments
- Crisis Intervention
- Leadership & teamwork
- Research

Experience

- **Mahatma Gandhi Medical College & Hospital** Sept, 2022 - Dec, 2024
Clinical Psychology Trainee
Worked in hospital setting with children, adolescents & adults presenting with a wide range of mental health disorders. Conducted psychological assessments & developed individualized treatment plans utilising an eclectic approach, incorporating evidence-based therapeutic strategies.
- **YourDost Health Solutions** June, 2022 - Dec, 2022
Counselor
Provided individual & group counseling sessions to underprivileged young adults selected by government organisation for professional training. Project partnered with McKinsey & Company's non profit organisation.
- **Physiokarma Pvt. Ltd.** Aug, 2022 - Sept, 2022
Associate Psychologist
Provided counseling sessions to state & national level athletes at Sport Academies & Stadiums. Assisted in implementation of brain training modalities to enhance athletic performance.
- **Mental Health Foundation India** Feb, 2022 - May, 2022
Counselor- Tihar Jail
Assessed inmates for Psychological-First Aid need & provided individual & group counseling sessions to over 200 inmates in Central Jail 1.
- **Silver Lining Wellness Centre** April, 2021 - Oct, 2021
Research Assistant
Conducted a mixed method research to understand the wellbeing of Indian corporate employees during the pandemic working from home. Focused on the mental health support programmes at workplace to foster employees growth.
- **Fortis Healthcare Hospital** July, 2021 - July, 2021
Clinical Psychology Intern
Acquired knowledge of psychological assessments & evidence based therapeutic approaches to manage wide range of psychological disorders.
- **Enactus- Ambedkar University** June, 2021 - June, 2021
Moderator & Counselor
Under Project BHAHV of Enactus counseled students struggling with mental health issues during pandemic and moderated listening circles.
- **Delhi Government & Mind Piper** June, 2020 - Nov, 2020
Counselor
Provided crisis counseling to COVID19 recovered patients in distress & families of the deceased through Covid

Response Helpline managed by Mind Piper, Project StepOne, I am Wellbeing associated with Delhi Government.

- **Possitive Vibes Clinic** June, 2020 - July, 2020
Clinical Psychology Intern
Administered psychological assessments on clients and took initial sessions of clients dealing with mental health disorders under supervision.
- **Moolchand Healthcare Hospital** Dec, 2019 - Jan, 2020
Clinical Psychology Intern
Administered psychological assessments on patients and took intake session under supervision.
- **Umeed NGO** Aug, 2018 - March, 2019
Team Coordinator & Volunteer
Coordinated the team, taught underprivileged children, generated new ideas for public awareness programmes to help the underprivileged children & organised campaigns on social issues

Education

- **Mahatma Gandhi Medical College & Hospital** 2022-2024
M.Phil Clinical Psychology
First Division
- **B.R. Ambedkar University, Delhi** 2019-2021
M.A. Clinical Psychology
First Division
- **Delhi University** 2016-2019
B.A. Psychology Honors
First Division
- **Delhi Police Public School** 2004-2016

Projects

- **Research on Postpartum Depression**
Studied expressed emotions, body image perception and coping styles in Indian mother's with postpartum depression under the guidance of Head of Department of Clinical Psychology of Mahatma Gandhi Hospital.
- **Research Project**
Worked on a research project of Silver Lining Wellness to understand the mental health issues faced by corporate employees during pandemic.
- **Research on Borderline Personality Disorder**
Explored the lived experiences of caregivers of partners with borderline personality disorder under the guidance of Dr. Neetu Sarin, AUD.
- **Quantitative Research in Positive Psychology**
Studied the differences in optimism & quality relationships among different Indian couples

Certifications

- SPSS for Educational & Psychometric Data Analysis: National Psychological Corporation, Agra
- COVID19 Mental Health- Caring for Public & Self: American Psychological Association
- Life Skill Training on Suicide Prevention & Happiness: Holy Cross Women's College

Reference

- **Ms. Reena Rawat - The Hans Foundation**
Clinical Psychologist
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- **Dr. Sunita Purty - Mahatma Gandhi Medical College & Hospital**
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