

PALAK KAUR (CLINICAL PSYCHOLOGIST)

📍 15, Shobhagpura Udaipur

📞 9414539707

✉ palakkaur0408@gmail.com

🌐 [Optional: LinkedIn or professional profile link]

Professional Summary

Dedicated and RCI-registered Clinical Psychologist with hands-on experience in hospital and counseling settings. Proficient in psychological assessment, diagnostic formulation, therapeutic interventions, and multidisciplinary case coordination. Experienced in working with diverse populations across lifespan, with focus on evidence-based therapy and patient-centered care. Adept at building rapport, conducting clinical interviews, and delivering effective mental health support in high-pressure environments.

Relevant Work Experience

Clinical Psychologist

Vivekanand Institute of Mental Health and Neurosciences | 2023 – Present

- Providing psychological support to inpatients and outpatients under Dr. Anil Tambi (Psychiatrist)
- Conducting psychological assessments for diagnostic and therapeutic purposes
- Delivering counseling and psychotherapy sessions tailored to individual needs
- Engaging in treatment planning, report writing, and interdisciplinary team discussions
- Supporting patients with anxiety, depression, trauma, OCD, and personality disorders

Intern Psychologist

Under Shikha Sharma (Psychologist), Udaipur | 2021 – 2023

- Completed 1.5 years of structured internship involving psychological screening and counseling
- Applied therapeutic techniques including CBT, relaxation training, and behavioral interventions

- Assisted in managing adolescent and adult cases in clinical and educational setups
- Participated in community outreach and awareness initiatives

Clinical Psychology Intern

Bhargava Psychiatry Centre, Jaipur | 2 Months

- Worked under Dr. Manish Bhargava (Psychiatrist) and Ms. Poonam Garg (Clinical Psychologist)
- Observed diagnostic procedures and medication management
- Supported psychometric testing and client interaction in a hospital setting
- Involved in psychiatric rounds and case presentations

Educational Qualifications

M.Phil in Clinical Psychology

MJRP University, Jaipur | 2025

- RCI Registered

PG Diploma in Rehabilitation Psychology

MJRP University, Jaipur | 2023

- RCI Registered

PG Diploma in guidance and counselling

Janardan Rai Nagar Rajasthan Vidhyapeeth deemed to be university Udaipur |2022

M.A. in Clinical Psychology

Chandigarh University | 2022

B.A. in Psychology

Bhopal Nobles University, Udaipur | 2020

Senior Secondary Education (12th Grade)

St. Mary's Senior Secondary School | 2017

Certifications

- Mental Health and Wellness (Certificate Course)

Explored the foundations of emotional and psychological wellness, with a focus on stress management, emotional regulation, and mindfulness. Early signs of mental health issues and learned structured approaches to promoting resilience and wellbeing in diverse populations.

- Child Development and Wellbeing (Certificate Course)

Studied psychological development from early childhood to adolescence, including emotional, social, and cognitive milestones. Learned to identify signs of developmental delays, emotional distress, and behavioral challenges, while exploring early intervention strategies and therapeutic communication techniques.

- Art Therapy (Certificate Course)

Acquired practical skills in using drawing, painting, and creative expression as therapeutic tools for psychological healing. Focused on working with children, trauma survivors, and individuals with communication difficulties.

Workshops & Conferences Attended

- Behavioral Medicine Unit – Workshop

Learned to integrate medical knowledge with behavioral science in the diagnosis and treatment of psychosomatic and chronic conditions. Focused on mind-body interactions, patient motivation, lifestyle modification, and cross-disciplinary interventions in clinical settings.

- Neurological Perspective of Behaviour – Workshop

Deepened understanding of how neurological structures impact behavior, emotion, and cognition. Covered basics of brain anatomy, neurological disorders, and neuropsychological symptoms relevant to clinical practice.

- National Conference on Coordination Difficulties

Attended sessions on identifying and managing Developmental Coordination Disorder (DCD) in children. Learned techniques for motor skills training, classroom adaptations, and therapy-based interventions.

- National Conference on Learning Disabilities

Focused on the diagnosis, remediation, and support strategies for children with dyslexia, dyscalculia, and other learning disabilities. Sessions included evidence-based academic accommodations, psychoeducational testing, and multidisciplinary collaboration with educators and parents.

Clinical & Counseling Skills

- Psychological Testing: IQ, Personality, Neuropsychological Assessments
- Clinical Interviewing & Case History Taking
- Mental Status Examination & Diagnostic Formulation
- CBT, Behavioral Interventions, Art Therapy, Psychoeducation
- Counseling in Depression, Anxiety, Stress-related disorders
- Crisis Intervention & Suicide Risk Management
- Multidisciplinary Case Coordination & Treatment Planning

Leadership & Extracurricular Activities

- Led mental health awareness campaigns in schools and local communities
- Organized art-based therapy workshops during internships
- Headed student psychology group during Master's program
- Recognized as Best Intern at Bhargava Psychiatry Centre for commitment and ethics
- Actively performed in mental health street plays and awareness drives

Languages

- English – (Fluent)
- Hindi- (Mother tongue)
- Punjabi – (Native)