

SIDRA BINTE ISLAM

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Flat- C31 (8th floor), Jasola Heights, DDA HIG Flats, Pocket – 9A,
Jasola Vihar, New Delhi – 110025

Professional Summary

Compassionate and client-centered Clinical Psychology graduate with a trauma-informed, integrative-holistic approach to therapy. I tailor evidence-based interventions to the unique needs, strengths, and circumstances of each client to reduce psychological suffering and promote long-term wellness outcomes. Committed to providing a safe, confidential, and nonjudgmental space for self-recovery, problem-solving, and skill-building. Experienced in working collaboratively with clients and clinical teams. Known for sensitivity, professionalism, and empathetic care in every consultation.

Education

Amity University, Noida
Master of Arts in Clinical Psychology
Completed: June 2025

Jamia Millia Islamia, New Delhi
Master of Arts in English Literature
Completed: June 2021

Gargi College, University of Delhi
Bachelor of Arts in English Literature
Completed: May 2019

Carmel Convent School, New Delhi
Completed: 2016

Clinical Experience

Unipsy Academy Council (Unique Psychological Services)

Clinical Psychology Intern | May – July 2024

- Completed a 40-day internship with exposure to trauma-informed, client-centered therapeutic practices
- Observed and assisted in individual case formulations, integrative therapy planning, and psychoeducational modules

Max Hospital, Saket

Clinical Exposure Intern | 60 hours

- Conducted psychological assessments and testing under clinical supervision
- Participated in case discussions

Apollo Hospital

Clinical Exposure Intern | 60 hours

- Supported therapy sessions and report writing, participated in psychological assessments

VIMHANS Hospital

Clinical Observer | Completed 140 hours (70 online + 70 offline)

- Observed client interactions, treatment planning, and interdisciplinary collaboration

Mind Ease Clinic

Clinical Psychology Intern | Sep – Nov 2023

- Learned case history taking and mental status examination (MSE)

Certifications & Training

- Certificate in Mass Communication – Gargi College (2016–17)
- Certificate in Arabic Language – St. Stephen's College, DU (2020–21)

Research & Writing

- 1st Prize, Nationwide Research Paper Competition – Manav Rachna University
- Chief Editor, College Magazine – Gargi College

Communication & Extracurricular Activities

- 1st Prize, Nationwide Public Speaking Competition – India Islamic Culture Centre
- Gender Champion, Women's Development Cell – Gender Sensitization Projects
- Member, Debating Society – Gargi College