

Mercy Tingzouhoih

Clinical Psychologist

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EDUCATIONAL QUALIFICATIONS

- Pursuing PhD In Psychology from Delhi University
- UGC NET QUALIFIED – NTA certificate No. JUN20U06679 (2020)
- MPhil Clinical Psychology, IHBAS (2020-2022 Batch)
- Masters in Psychology from Gauhati University (2015-2017)
- BA Program Psychology-Sociology (Jesus & Mary College, Delhi University, 2011-2014)

WORK EXPERIENCES

1) Cognizavest LLP (March 2024-May 2024)

- Worked as a Resource Person in a hybrid mode, teaching Clinical Psychology courses online and taking sessions and psychological assessments offline.

2) Orkids Foundation- (November 2022- July 2023)

- Worked as a Clinical Psychologist with special children population from Government schools of South Delhi region, under Directorate of Education (DoE), New Delhi at a resource center run by Orkids foundation. The role included assessing, providing intervention amongst children mostly with ADHD, ASD, Evolving Personality Disorders, Intellectual Disability Disorder with or without behavioral issues, Conduct Disorders, SLDs, children with emotional disorders to progress to independence on their Activities of Daily Living (ADLs), organizing activities on Mental Health awareness

2)Consultant Clinical Psychologist

- Worked as a Consultant Clinical Psychologist At Online Zehak Project & Mindscape Centre for Counselling and Psychological Wellbeing, providing Psychotherapy to clients with positive testimonials from clients.

3) Gangte Psychosocial Support Team and Unao Psychologist

Supervising 2 team of psychologist in emergency relief response to the Civil war in Manipur

Team 1: (1) Provide psychosocial support to Internal Displaced Persons who resides in relief camp. (2) Provide platform to educate, inform and communicate tribal in Manipur through online meetings on various themes related to the ongoing war – war & coping, the way ahead for youths after conflict like war and many more.

- Team 2: (1) Mobilizing resources and advocate mental health among the tribals

- (2) Mobilizing Volunteers and gathered Psychologists from across the different tribes of Northeast and organizing training programs on various topics like Psychological First Aid (PFA)
- (3) provide care and support to IDPs in relief camp

4) IHBAS- 2 years MPhil Clinical Psychology

- **1st Year** – Experience in developed client’s case profile, conducting detailed history taking, Full length Psychodiagnostics, Personality Assessments, Psychological & Psychosocial assessments, IQ Assessments, Neuropsychological assessments, Assessments for disability certification, Assessments of Specific Learning Disability (SLD), Assessments of social adaptive functioning, Assessments for medico-legal purposes in both Out Patient Department (OPD) and In Patient Department (IPD) for clinical populations of all ages, backgrounds and psychiatric conditions.
- First hand experiences in various special clinics Experienced working in different special clinics – Disability Services Unit (DSU), Child & Adolescent Psychiatry Clinic (CAPC), Mental Retardation Clinic (MRC), Behavior Therapy Unit (BTU), Marital & Psychosexual Clinic (MAPC), Drug abuse treatment and rehabilitation clinic (DATRC), Neuro-behavior Clinic, Geriatric special care clinic and emergency duties.
- **2nd year** – Experienced in formulating and developing psychotherapy interventions, treatments, and management plans for patients in both Out Patient Department (OPD) and In Patient Department (IPD) and all special clinics for clinical populations of all ages, backgrounds and psychiatric conditions with hands on experience in using various therapy techniques such as CBT, DBT, REBT, Behaviour Therapy, Schema Focused Therapy, Single Session Therapy, Supportive Psychotherapy, ACT, ERP, Positive Psychology, Grief Counselling, etc
- **Dissertation** on the topic “A study of attachment styles, self- compassion and perceived social support amongst patients with anxiety disorder and depressive disorder” under the guidance of Dr. Uday K Sinha, HOD of Department of Clinical Psychology, IHBAS.
- Experienced in conducting Group therapy, parent training seminar, journal clubs and academic seminars, case conferences, clinical training seminars and mentoring interns on-site.

5) DNP+ (The Delhi Network of Positive People (November 2018 – November 2019))

Position: Project Coordinator

- (1) Advocated for the better quality of the life of People Living with HIV (PLHIVs)
- (2) Implemented HIV and Hep-C related project activities, support group meetings of PLHIVs,
- (3) Organized national and state level meetings, seminars, workshops, campaigns and liaisoning between central and state government stakeholders and civil societies,
- (4) developing and disseminating IEC materials to key communities,
- (5) Advocating for refill of testing kits, ARTs stockouts, patent rights of HIV and Hep C medicines, and roll out of National Programs for Hepatitis such as National Viral Hepatitis Control Program (NVHCP).

6) NSN Matriculation higher secondary school, Chitlapakkam, Chennai ((May 2018 – October 2019))

Position: School Psychologist

- Guiding and mentoring students from standard 4th to 12th in their emotional and mental health
- Providing seminars and workshops on relevant topics for student's mental health, teacher's stress management, parent management.
- Facilitating students in extra-curricular activities in mental health themes

OTHER PROFESSIONAL EXPERIENCES

- Volunteered at the District Hospital, Churachandpur, (DHC) in the Psychiatry OPD, Manipur, from August to November 2017.
- Volunteered and took active part as one of the founders in a start-up NGO in Mental Health "WE CARE in THE CORE (WCTC)" in Churachandpur, Manipur from August 2017 to October 2018 to address the alarming rise in Suicide rates amongst the youths in Churachandpur town.
- Wrote contents for websites and blogs and in local newspaper of Churachandpur on matters related to mental health.
- Spoke in All India Radio, Churachandpur advocating Mental Health.

EXTRACURRICULAR ACTIVITIES

Music and Singing:

- Won the Talent of Nation, 2014 pan India singing competition held in New Delhi.
- Won few intercollege singing competitions.
- Won a singing competition 'Acoustica' by Gauhati University sponsored by Indian Idol Academy, Assam.
- Have been performing with live bands in various 5-star hotels, pubs & bars in and around Delhi, NCR.
- Plays the acoustic guitar and writes songs.