

Noya Giri

Counseling Psychologist

SKILLS:

- Cognitive Remediation Therapy
- Cognitive Behavioral Therapy
- Cognitive Behavioral Therapy for Psychosis
- Dialectical Behavioral Therapy
- Interpersonal Therapy (IPT)
- Mindfulness-Based Therapies
- Motivational Enhancement Therapy
- Group Therapy
- Family Therapy
- Recreational Therapy

WORK HISTORY

05/23- 06/24 (1year, 1 month)

Counselling Psychologist | Case Manager

Athena Behavioral Health- Rehabilitation Center

Tasks:

- Collaborating with Clinical Psychologists to develop and refine treatment plans
- Making assessments and interpretations based on biopsychosocial evaluations, psychometric tests, semi-structured interviews, therapy sessions, and neuropsychological assessments for clients with mental health and addiction-related problems.
- Provide individual and group therapy using evidence-based modalities, such as cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT).
- Host Mental Health Workshops, Psychoeducative group sessions, Counsel and support caregivers
- Taking group and individual therapy sessions using various modalities of Psychotherapy, Behavior Modification, Relaxation Therapy and Mindfulness based therapies.
- Formulating and creating personalized interventions, psychological treatment plans, and post-treatment management plans for clients
- Assessing clients' risk, considering their mental health and social needs when performing interventions.
- Ensuring the maintenance and safe storage of accurate program and client records, and all other pertinent documents.

04/22- 04/23 (1year)

Trainee Psychologist

Tulasi Healthcare- Psychiatric Hospital and Rehabilitation Centre

Tasks:

- Making assessments and interpretations based on biopsychosocial evaluations, psychometric tests, semi-structured interviews, therapy sessions, and neuropsychological assessments for clients with mental health and addiction-related problems.
- Plan, monitor, and adapt appropriate treatment programs and interventions, including therapy, counseling, or advice, in collaboration with colleagues
- Hold NA/AA meetings at the hospital with AA members.
- Host Workshops and Psychoeducative sessions with caregivers
- Counsel and support caregivers
- Take group sessions using Cognitive Remediation Techniques
- Formulating and creating personalized interventions, psychological treatment

SKILLS:

- Clinical assessment and diagnosis (ICD-10)
- Crisis intervention and management
- Treatment planning and implementation
- Psychoeducation and skill-building
- Interdisciplinary collaboration
- Strong verbal and written communication
- Ethical and legal compliance

plans, and post-treatment management plans for clients

- Assessing clients' risk, considering their mental health and social needs when performing interventions.
- Employing various treatment methods such as psychotherapy, behavior modification, stress reduction, and relaxation therapy.
- Measuring the effectiveness of interventions and implementing changes where required.
- Ensuring the maintenance and safe storage of accurate program and client records, and all other pertinent documents.

Participating in clinical training seminars and mentoring interns on-site.

INTERNSHIPS

02/22-03/22

Field Practice (Internship Trainee)

Manipal Hospital

Tasks:

First-hand observed (client consented) Therapeutic sessions and how the interventions take place.

- Discussed all the cases observed with the Supervising Clinical Psychologist.
- Preparation of clinical case histories and management plan supervision
- Administration of Psychometric Tests: VSMS, Developmental Screening Test, RSPM, RCPM, Y-BOCS, Vanderbilt ADHD Diagnostic rating scales, TAT, Sentence Completion, BDI, BAI, HAM-A, MCMI Personality assessments.

09/21-12/21

Research Intern

International Journal of Neurolinguistics and Gestalt Psychology/Global Internship Research Program (GIRP)

Tasks:

- Wrote Articles, Researched and curated content on various topics related to Psychology
- Peer Reviewed various articles on NLP and Psychology related topics
- Worked pre-work videos and course material to organize and generate course on NLP

10/21-11/21

Field Practice (Internship Trainee)

Manipal Hospital

Tasks:

- First-hand observed (client consented) Therapeutic sessions and how the interventions take place.
- Discussed all the cases observed with the Supervising Clinical Psychologist.
- Preparation of clinical case histories and intervention under Clinical Psychologists' supervision
- Learnt CBT and its techniques, MBCT and MBSR
- Learnt case history taking, MSE and MMSE

07/21-08/21

Intern

Happy Minds

Tasks:

- Attended and Observed various Mental Health Awareness workshops organized for healthcare workers, LGBTQIA+ community, Students and for Working Professionals.
- Designed Mental Health Awareness Newsletters.
- Researched, reviewed and wrote Articles on various Psychology related topics for the company website and Social Media platforms.
- Analysis of Client Data to find out the prevalence of various disorders in different genders and occupations.
- Discussions of various Case Studies.
- Organized and facilitated workshops on 'Stress Management and coping strategies' and 'Mental Health awareness and Mindfulness' for working professionals.

05/21-07/21

Child Development Trainer

Little Leap

Tasks:

- Conducted holistic development activities with children from age 3 to 15 years on Zoom Video Call.
- Researched, reviewed and wrote Articles on various Psychology related topics for the company website and Social Media platforms.
- Tracked children's assessments and analyzed their progress.
- Shared the child's progress, needs, focus areas, interest areas with parents and ensured active participation from parents in the development process.

03/2020

Student Intern

CogniAble

Tasks:

- I carefully observed patients with developmental disorders and performed ABA therapy under supervision.
- Under supervision, I planned various life skills activities for mentally challenged Adolescents.
- I discussed their wards' progress to the parents of special needs kids and helped them plan their schedule with their kids.
- I annotated videos for the CogniAble app and learnt how it uses AI technology (Convolutional Neural Networks) to improve plan interventions for kids with Autism Spectrum Disorder.

06/2019

Summer Intern

Paras Hospital

Tasks:

- I Closely observed patients with neurological disorders in the Neuroscience department of Paras Hospital.

- I learnt the working of Neuroimaging techniques and how to interpret Neuroimages obtained from them.
- I also interviewed patients with Psychological Disorders like Bipolar Disorder and Schizophrenia under supervision.

EDUCATION

Amity University, Manesar 2022

M.Sc. Clinical Psychology, 8.42 CGPA

Amity University, Noida 2020

B.Sc. (H)-Neurosciences, 7.49 CGPA

Chiranjiv Bharati School, Palam Vihar 2016

CBSE Board

ACADEMIC PROJECT REPORTS

Dissertation on " The role of cognitive dissonance in the imposter phenomenon induced anxiety in the workplace "

- Little research has examined Cognitive Dissonances' relationship with Imposter Phenomenon; therefore, the purpose of this study was to examine the direct relationship between them and how Imposter phenomenon is related to the induction of anxiety in the workplace, using a self-report (N=60) measure. Limitations and future directions discussed.

Scientific Research Paper on "Cognitive Distortions as a Long-Term Effect of Childhood Trauma in Adults"

- The purpose of this study was to examine the direct relationship between subscales of childhood trauma and Cognitive Distortions as its longtime effect. Using a self-report (N=92) measure, results indicated that subscales of Childhood trauma predicted the likelihood of Cognitive Distortions in adults above the age of 18 years.

Machine Learning-Driven ABA Intervention For Children Diagnosed With Developmental Disorders

- In this project report I wrote about Autism Spectrum Disorder, its intervention and how it can be diagnosed by a mental health specialist.
- I wrote about how Applied Behavior Analysis (ABA Therapy) Interventions have proved to be an effective measure to improve cognitive skills in ASD patients.
- I also wrote about the Cogniable App, which uses AI Technology for early ASD Detection, its intervention and Treatment Planning.

Following Articles were written for 'International Journal of Neurolinguistics and Gestalt Psychology'- Global Internship Research

Program

- Positive Intention+ 6 Step Mind Reframing
- Exit Strategy
- NLP Goals Model
- NLP S.C.O.R.E. Inventory Tool

Bipolar Disorder

- I wrote a project report on Bipolar Disorder illustrating its types, what effects it have on a person and how it affects their personal relations, how is it treated through medications and how the interventions should take place at mental health centers and at home with family.

OTHER INFORMATION

- Head organizer at Amity Youth Fest, Neuroscience department. Led the department's Activity "NEUROVISTA 2018 & 2019"
- Former member of the Neuroscience Journal Club at AINN Department
- Led an online Social Awareness Program on Mental Health and Paraplegia as a part of college curriculum.
- Organized and facilitated workshops on 'Stress Management and coping strategies' and 'Mental Health awareness and Mindfulness' for working professionals.

CERTIFICATES

- Participated at Personality Test Workshop at Moolchand Medicity, Delhi
- Online Course on Addictive Disorders

PERSONAL DOSSIER

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Languages Known – Hindi, English