



## **Rupa Paul**



### **Psychiatric Social Worker, A Mental Health Professionalist**

#### **EXPERIENCE**

##### **NIMHANS, BANGALORE – Psychiatric Social Worker**

*May 2022- present*

*Psychosocial Assessment and Interventions, Group Therapy for the person with Substance and Behavioral Addictions, along with family assessment and intervention of persons with addiction, Rehabilitation facilitation, and community outreach programs.*

##### **Varanasi Psychiatric Center, Varanasi — Clinical counselor (Psychiatric Social Worker)**

*December 2020- May 2022*

*Psycho-Social Assessments and Interventions, Group Therapy, Couple Therapy, and Family Therapy.*

##### **DS Cancer Research Center, Varanasi — Tele Counsellor**

*August 2020-November 2020*

*Psycho-social interventions were provided to the person with anxiety and depression due to cancer.*

*#395, (old #22), 6<sup>th</sup> cross, B Venkatareddy Nagar, Guttepalaya, Siddapura Main Road, Jayanagar 1<sup>st</sup> Block, Bangalore -560011.*

*8402903890 / 9695225670*

*[rups8036@gmail.com](mailto:rups8036@gmail.com) /  
[rpaul459@gmail.com](mailto:rpaul459@gmail.com)*

### **Dr. K.K. Pathak Pvt. Clinic, Varanasi — Medical Social Worker**

*May 2014- April 2015 & May 2017- March 2020*

*Psychosocial Assessment and Interventions to the person with Tobacco addiction, outreach community programs for the women's menstrual health and hygiene.*

#### **SKILLS**

*Computing Skills*

*Team work*

*Leadership Skills*

*Micro skills*

*Life skills*

*Written and verbal Communication skill*

*Self-motivated*

*Enthusiastic for new learnings*

*Knowledge of yoga*

#### **PROJECTS/ RESEARCH**

*Paper Presentation @ International Training Conference on Brief Psychotherapies*

*Contingency Management A Brief therapeutic*

*approach for Adults with Opioid Use Disorder.*

## **EDUCATION**

***Durga Charan Girls Inter College, Varanasi — Primary -10+2***

***2002-2008***

*Achieved primary education to intermediate in the social science stream.*

***Banaras Hindu University, Varanasi — B.A. + MSW***

***2008-2013***

*Achieved a bachelor's degree in sociology and a master's degree in Medical Social work.*

***LGB Regional Institute of Mental Health, Guwahati University, Tezpur, Assam — MPhil***

***2015-2017***

*Achieved the degree of Master in Philosophy in Psychiatric Social Work with exposure to IP Care patients, O.PD. Patients, Addiction center, community psychiatry, rehabilitation services, Casework, Group Work.*

***Dissertation — Emotional Intelligence, Psychological Well Being, Marital Quality of Wives of Person with Schizophrenia, @ Tezpur, Assam***

*A Cross-Sectional and Classified Study of Quality of Life of the Schizophrenic Patient on the Basis of Gender and Psychoactive Drug Consumption.*

## **Other Exposures**

***Ramakrishna Mission (General Hospital), Dpt. of Psychiatry, BHU, Deva Integrated School for Handicapped Children, Varanasi; Institute of Psychiatry, Kolkata.***

*Attained multiple block placements for multiple months to better understand and acquire psycho-social skills for the betterment of a person with mental illness.*

## **LANGUAGES**

*Hindi, English, Bangla, Assamese, and Kannada.*