

Rasika Godbole , Msc Clinical Psychology

9987034451 | godbolerasika2@gmail.com | [LinkedIn](#)

WORK EXPERIENCE

Consultant Psychologist (Mind Calm Center, Bengaluru)

August 2023 – Present

- Conducted over 400 hours of psychotherapy sessions for children, adolescents, and adults with mood and anxiety disorders, ADHD, adjustment issues, and interpersonal relationship concerns.
- Conducted intelligence, personality and neuropsychological assessments, compilation of psychological reports, and psychoeducation for clients under the supervision of a clinical psychologist.
- Led social skills and emotional regulation training for children and adolescents.
- Actively participated in key initiatives for the clinic such as street interviews, reels and posts focusing on mental health awareness in English and Marathi.
- Took a keen interest in planning and conducting workshops to create awareness about mental health.
- Developed protocols for individual therapy sessions and awareness workshops.

Intern (Dr. S.R. Chandrasekhar Institute Of Speech And Hearing, Bengaluru)

February 2023 – April 2023

Conducted intelligence assessment and individual cognitive retraining sessions for children with autism spectrum disorder, intellectual disability and other comorbid disorders.

Intern (National Institute Of Advanced Studies, Bengaluru)

January 2023

Assisted in experimental research on the behavior of Mahseer, an endangered species of fish to better inform hatchery and release practices

Intern (KIMS Hospital And Research Centre, Bengaluru)

July 2022- August 2022

Conducted case history, psychological assessment, and compiled psychological reports under the supervision of a clinical psychologist.

SPEAKER ENGAGEMENTS

Engaged over 30 children and adolescents in a workshop on Emotional Regulation at Jeevan Jyothi Trust, Horamavu

Conducted an interactive session on Developmental Milestones and Parenting for over 40 parents at Narayana e-Techno School, KR Puram.

Was invited as a speaker for psychoeducation session for over 30 attendees at Abhivyakti Mental Health Project fest organised by Sarthi NGO

Delivered a seminar on "Psychology as an Applied Science" for over 60 students at Kristu Jayanti College, Bengaluru

RESEARCH AND PUBLICATIONS

Coping with Expectations of Marriage: Stories of Sexual Minority Women in Urban India

Godbole, R.A. (2023). Coping with Expectations of Marriage: Stories of Sexual Minority Women in Urban India. *International Journal of Indian Psychology*, 11(3), 1020-1032. DIP:18.01.097.20231103, DOI:10.25215/1103.097

Effect of a Reading Intervention on Reading Ability among Children with Specific Reading Disorder

Haleemunnissa, S.-., Venkatesan, S., & Godbole, R. (2024). Effect of a Reading Intervention on Reading Ability among Children with Specific Reading Disorder. *International Journal for Multidisciplinary Research*, 6(2). <https://doi.org/10.36948/ijfmr.2024.v06i02.16006>

CERTIFICATIONS

Solution Focused Brief Therapy for Mental Health Professionals (February 2024)

Facilitated by Mr. Arnoud Huibers from Institute for Solution Focused Therapy, Netherlands

EDUCATION

Msc In Clinical Psychology • 2021- 2023• Kristu Jayanti Autonomous College, Bengaluru • GPA 7.74

BA In Psychology • 2019- 2021• University Of Mumbai • GPA 9.50

SKILLS

Solution Focused Brief Therapy | Cognitive Behaviour Therapy