

SAVY CHAWLA

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Work Experience

Clinical Psychologist (Registered with Rehabilitation Council of India) 2022- Present

Independent Practitioner

- Offering individual tele-psychotherapy sessions to clients (adolescence to middle adulthood) with diverse mental health needs.
- Conducting comprehensive psychological assessments to inform treatment planning.
- Specializing in the management of Mood disturbances, Stress- related and somatic concerns, Personality and Behavioral concerns and concerns related to other psychological, physiological and social factors.
- Collaborating with the clients to develop personalized treatment plans and goals.
- Maintaining accurate and confidential client records and progress notes.
- Providing evidence-based interventions and therapeutic modalities.
- Liaising with other Professionals (Psychiatrists, Rehabilitation Psychologists, Psychiatric Social Worker etc.) as per the requirements.

Consultant Clinical Psychologist

Since 2023

MindSpark PsycCare, Karnal, Haryana

- Offering individual psychotherapy sessions
- Conducting psychological assessments
- Planning and documenting psychotherapy sessions
- Facilitating peer discussions and supervision
- Training psychology students and aspiring psychologists

Personal Details

Date of Birth- October 9, 1994

Skills

Clinical Assessments & Diagnoses- Utilizing assessment tools, interpreting and report writing

Psychotherapy- Providing evidence –based psychotherapy and tailoring therapeutic approach to clients’ unique needs

Professional Development- Engaging in education and training programs to stay abreast to recent trends and advancements.

Core Professional Skills- Cultural inclusivity and sensitivity, Boundary setting and addressing conflict of interest, adhering to ethical and legal standards of practice, self-reflections and seeking supervision

Technology Proficiency- Practicing tele-psychotherapy, familiarity with electronic record keeping and other relevant software like MS Office

Research and Publications

Author- “**Investigating the Cognitive Styles of the Patients with Substance Use Disorder: A Cross-Sectional Study**” published in Cureus Journal (Springer Nature Group), indexed in Web of Science (2024)

School Counselor

2022- Present

Gurukul The School, Ghaziabad, Uttar Pradesh

- Offering individual and group counseling services to students to address emotional, social and behavioral concerns.
- Collaborating with teachers to implement classroom-based interventions that support students' mental health and well-being.
- Participating in multi-disciplinary team meetings to discuss and address students' academic and behavioral needs.
- Providing consultation to teachers on effective classroom management strategies and behavioral interventions.
- Providing crisis intervention and support for students facing immediate emotional and behavioral challenges.
- Offering guidance and support to parents in understanding and addressing their child's emotional and behavioral needs.
- Collaborating with teachers, administrators and support staff to create a positive and inclusive school environment
- Providing ongoing progress monitoring and making recommendations for educational adjustments
- Analyzing and interpreting school-wide data to identify trends and patterns related to students' academic and behavioral performance.
- Maintaining accurate and confidential records all assessments, counseling and intervention activities.
- Designing and implementing prevention programs related to bullying, substance abuse and other mental health issues.
- Conducting workshops and training sessions for teachers and students on topics such as stress management, conflict resolution and social-emotional learning.
- Serving as a resource for school staff regarding mental health issues, learning disabilities and behavioral concerns.

Child Psychologist

2019-2020

Mom's Belief, Gurgaon

- Conducting comprehensive psychological assessments to identify developmental, intellectual, emotional and behavioral needs of children with special needs.

Paper presentation on **"Cognitive Style of the patients with Substance Use Disorder"** in Dr. Anju Nagaur Memorial Lecture held at Amity University, Lucknow (2022)

Dissertation on **"Cognitive Status and Cognitive Style of Patients with Substance Use Disorder"** (2022)

Paper presentation on **"Effect of Organizational Climate on Organizational Citizenship Behaviour and Organizational Alienation among Employees"** in 54th National and 23rd International Conference of Indian Academy of Applied Psychology (IAAP) on Psychology: Opportunities beyond Boundaries (2019)

Post-graduate Thesis on **"Effects of Organizational Climate on Organizational Citizenship Behaviour and Organizational Alienation among Employees"** (2019)

Author- **"Organizational Citizenship Behaviour and Organizational Alienation"** in Interdisciplinary Perspectives on Health and Well Being, 205-212 (2017)

Major Graduate Thesis on **"Organizational Citizenship Behaviour and Organizational Alienation"** (2017)

- Collaborating with multi-disciplinary teams, including educators, speech therapists and occupational therapists, to gather holistic understanding of the child's challenges and strengths.
- Providing diagnostic indicators and formulating clear and actionable recommendations.
- Developing Individualized Educational Plan (IEP) and goals based on assessment findings.
- Designing and implementing evidence-based therapeutic interventions to address the specific needs of each child.
- Conducting on-call training calls with the parent/caretaker on behavior management strategies, effective communication, positive reinforcement techniques and home-based strategies etc. to empower them to become co-therapist to the child.
- Collaborating with parent/caregiver to create a supportive and consistent home environment.
- Offering psychoeducational sessions and offer support and guidance to parents, helping them understand and cope with their child's diagnosis and challenges

Education

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| MPhil Clinical Psychology | 2020-2022 |
| Amity University, Lucknow, Uttar Pradesh | |
| Post Graduate Diploma in Clinical Hypnosis | 2019-2020 |
| CHARUSAT University, Vadodara, Gujarat | |
| M.A. Applied Psychology | 2017-2019 |
| Amity University, Noida, Uttar Pradesh | |
| B.A. Applied Psychology | 2014-2017 |
| Galgotias University, Greater Noida, Uttar Pradesh | |

Trainings/Internships

Nur Manzil Psychiatric Hospital,
Lucknow

Nirvaan Hospital, Lucknow

Ummeed Rehabilitation Centre,
Lucknow

Dosti Special School (Study Hall),
Lucknow

Richmond Fellowship Society,
Greater Noida

Jaypee Hospital, Noida

Ester Industries Pvt. Ltd., Gurgaon

Declaration

I hereby declare that the information provided is true and can be processed for recruitment of the position applied for.