

## Simran Kaur

### MSc Clinical Psychology – June 2024 Graduation

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### SUMMARY

I completed Master of Science (Clinical) Psychology in June 2024 from Christ (Deemed to be University), Central Campus Bengaluru, and now look forward to making a beginning in my Career in the field of Clinical Psychology. I consider myself as a budding Clinical Psychologist with the mindset and intent of making a positive difference in people's lives. Since my introduction to Psychology as a subject at School in Classes XI and XII, it became clear to me that this was the field I was most passionate about pursuing my Career in. The growing importance of mental well-being in personal and professional lives, and it's evolving awareness and acceptance in Society, have further kindled my interest and curiosity in this field.

While every facet of Clinical Psychology is fascinating, during the course of my MSc, with exposure and training experience, the sub-fields within Psychology that I have developed a keen interest in are Child Development, Psychopathology, and concepts of Social Psychology. These are fields I am very passionate about, and eager to learn more over time through formal education and practical exposure.

I am now eager to start working in a Professional set-up where I can have the opportunity to apply my knowledge and gain practical experience. I am looking forward to the opportunity of working closely under the guidance of Experienced Practitioners, with the desire to Learn new Concepts, Skills, and the Practical application of all that I have studied so far.

### EDUCATION

Below is a brief synopsis of my Academics and Qualifications :

Degree	Passing Year	Institute & University	Grade & Division
Class XII, Science	2019	Birla Vidya Niketan, New Delhi, CBSE	90.75% (best of 4)
B.A. (Hons.) Psychology (Under Grad)	2022	Mata Sundri College for Women, Delhi University	First Division Grand GPA- 8.757
MSc Clinical Psychology (Post Grad)	2024	Christ (Deemed to be University) Bangalore, Central Campus	First Division Consolidated GPA 3.39 (4-point scale)

### INTERSHIPS AND RESEARCH

#### **MANASA Neuropsychiatric Hospital, Bangalore** - Under supervision of **Dr. Aditya Subrahamanyam**

*(40 days, 262 hours as per curriculum, Feb-April 2024)*

During this internship, I had the opportunity to take and present Case Histories, conduct Psychometric tests, Case discussions, and develop and conduct vocational activities for individuals with severe mental illnesses (Schizophrenia, Personality Disorders, Somatoform Disorders, Anxiety Disorders and Mood Disorders).

#### **Beautiful Minds Astitva, Bangalore** (early intervention centre) – under supervision of Founder & Director, **Ms. Asha Gnanaolivu** *(13th July 2023 to 27th October 2023 during PG 3<sup>rd</sup> Semester as per Curriculum)*

During this internship, I gained exposure to Children in the age group of 2 to 12 years. Here I provided services like play therapy, cognitive therapy, and music therapy to children with Autism Spectrum Disorder, Attention-Deficit Hyperactivity Disorder, Intellectual Disability Disorder, and Down's Syndrome.

### **Mind Vriksha & Hope Rehabilitation Centre, New Delhi - Under supervision of Dr. Rohit Garg**

*(24th May 2023 to 27th June 2023 Summer internship during PG 2<sup>nd</sup> semester as per Curriculum)*

During this internship as part of OPD and IPD setting, I was introduced to detailed case history taking, observation of psychotherapy sessions, and had the opportunity to work closely with patients at the Rehabilitation Center. The internship provided an insightful experience of working with individuals suffering from Chronic Schizophrenia, Substance Use Disorders, Personality Disorders, Anxiety Disorders, Mood Disorders, Severe Obsessive-Compulsive Disorder, and Intellectual Disability Disorder.

Additionally, I also attended the following Internships out of my own interest and initiative at the **Department of Mental Health and Behavioural Sciences, Fortis Healthcare and Sukoon Health:**

1. 2-day online course on **Introduction to Positive Psychology** (19th July 2020-20th July 2021)
2. 15-day (1.5 hours a day) **Clinical Psychology** Internship consisting of workshops and lectures related to **Psychopathology** (1st July 2020-15th July 2021)
3. 50 Hours internship in **Clinical Psychology** - online classes, application-based assignments, reading and critical analysis of relevant papers and an experiential project (3rd July 2020-12th July 2020)

At **Youth for Mental Health**, I completed a total of 100 hours of workshops, training sessions, virtual field visits and **mental health-based projects** (23rd June 2020- 7th May 2020)

### **RESEARCH ORIENTATION**

I also have a keen interest in Research and look for opportunities to pursue the same. I have worked on **Research Projects** during my studies, giving me exposure to different statistical tools as well as further fuelling my Research orientation.

1. I published an article on COVID-19 and Anxiety with my Professor during my Bachelor of Psychology Undergraduate Studies in The International Journal of Indian Psychology.
2. As a part of my Dissertation during my Undergraduate Studies, I worked on the topic of Gender Differences in Emotional Intelligence and Psychological Well-being of Young Adults (18-22 years).
3. During my Master of Science Clinical Psychology studies, I worked on the development of a new journalling technique, Solution-Focused Journalling, and how it effects the levels of resilience, happiness, career indecision and solution-focused thinking during a period of quarter-life crisis. I have presented this Research at the 2nd International Conference on Positive Psychology held by the National Positive Psychology Association. The paper is currently under-review for publication.

### **Skills & Personal Traits**

Some of the Skills and Personal traits that I consider as my Strengths include Communication & Presentation, Dependable, Responsible, Passionate, Open minded, Eager to Learn, Creative Thinking, Team player and happy to Lead, Committed, Hard-working, Empathy, and, Patience.

### **Interests and Hobbies**

I am professionally trained in Indian Classical Music and also have a passion for singing. Additionally, I am very fond of creative expression through painting and sketching. Outdoor Sports like badminton, cricket, volleyball, trekking, and nature walks etc., are fun activities I am always looking forward to.

### **Languages spoken**

English, Hindi, and Punjabi