

# Dew Dutta

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[Kolkata, 700156](#)

## PROFILE:

I am an aspiring clinical psychologist with seven years of continuous engagement in the field through academic study, internships, and related experiences. I am deeply passionate about mental health and human behaviour, with a strong commitment to developing professional skills in psychological assessment, counselling, and therapeutic intervention. I'm well recognized for empathy, active listening, and a desire to make a meaningful difference in people's lives through evidence-based and ethical practice. I am currently serving as a psychologist at a mental health wellness firm, **providing mental health services, conducting assessments and counselling sessions, developing and implementing personalized treatment plans in collaboration with the clients.**

## EDUCATIONAL QUALIFICATIONS:

- Master of Arts (M.A.) in Clinical Psychology, from St. Xavier's University, Kolkata.  
– Year: 2025. Passed with First Division Marks.
- Bachelor of Arts (B.A.) in Applied Psychology (Hons) from Amity University, Kolkata.  
Year- 2018 – 2021. Passed with First Division Marks.
- Passed Class 12 (CBSE) from Bharatiya Vidya Bhavan, Kolkata. Year- 2018 with First Division Marks.
- Passed Class 10 (CBSE) from Bharatiya Vidya Bhavan, Kolkata. Year- 2016 with First Division Marks.

## PROJECTS:

- A Study to assess the level of Depression and Suicidal Behavior among Children (Dissertation)
- The Role of Social Intelligence in the Perception of Stress During Pandemic Situation (Dissertation)
- A review of Research Literature on the Effect of Intentional Control and Training on Deception
- Effect of Covid-19 on Stress and Anxiety Level among Youth (Summer Internship Project)

## CERTIFICATIONS:

- Certificate of Participation as a Student Delegate in the 8th Asian CBT Congress organised by the Indian association for CBT (IACBT) on behalf of the Asian Cognitive Behavioural Therapy Association (ACBTA) at the All-India Institute of Medical Sciences (AIIMS), New Delhi, India from 28 February to 3rd March 2024.
- Certification for presenting poster titled “Regulating the Mediating Factors of Perceived Stress in Female Adults: Application of Cognitive Behaviour Approach” in the 8th Asian CBT Congress organised by the Indian Association for CBT (IACBT) on behalf of Asian Cognitive Behavioural Therapy Association (ACBTA) at the All-India Institute of Medical Sciences (AIIMS), New Delhi, India from 28 February to 3rd March 2024.
- Attended a National Seminar on Contemporary Issues in Disability- Interventions and Research organised by Calcutta University, Department of Psychology-2023.
- Participated in the Annual Psychology Conference 2023 organized by the Department of Mental Health and Behavioural Sciences of Fortis Healthcare, on The Bharat Panchal Dialogues in Mental Health.
- Participated in a workshop-Introduction to Psychotherapy, organized by the Department of Mental Health and Behavioural Sciences of Fortis Healthcare.

- Participated in a workshop-Introduction to Positive Psychology, organized by the Department of Mental Health and Behavioural Sciences of Fortis Healthcare.
- Attended the Global Entrepreneurship Summit (GES) conducted by Entrepreneurship Cell of IIT Kharagpur-2020.

### **SKILLS:**

#### **Clinical & Counselling Skills:**

- Psychological assessment and testing
- Case history taking
- Diagnostic interviewing
- Cognitive Behavioural Therapy (CBT) basics
- Crisis intervention
- Rapport building
- Psychoeducation

#### **Research & Analytical Skills:**

- Literature review and analysis
- Data collection and interpretation
- SPSS / statistical analysis (if applicable)
- Report writing
- Understanding of ethical research practices

#### **Interpersonal & Soft Skills:**

- Empathy and active listening
- Communication (verbal & written)
- Cultural sensitivity
- Emotional regulation
- Patience and resilience
- Confidentiality and ethical awareness

#### **Organizational & Technical Skills:**

- Time management
- Case documentation
- Multitasking in clinical settings
- Microsoft Office / Google Workspace
- Presentation skills

### **EXPERIENCE:**

- Currently employed as a Psychologist at India Therapy Centre (until 10<sup>th</sup> of August 2025, after which I'll be exploring new opportunities)
- Internship at Calcutta Pavlov Hospital- Centre of Excellence, Department of Psychiatry, Calcutta National Medical College
- Private Home Tutor- Teaching psychology to students of classes 11 and 12, both CBSE and ICSE board, for over 4 years.

### **HOBBIES:**

Trekking- Completed two Himalayan Treks- Sandakphu-Phalut Trek (11,926 ft) and Brahmatal Trek (12,200 ft)