



Dr. Kalyani Seth

Ph.D. Clinical Psychology

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Professional Summary

A highly motivated and versatile professional with a proven ability to work effectively both independently and as part of a team. Clinical Mental Health Counselor & Counselling Psychologist with a Ph.D. and over 3 years of experience in therapeutic intervention, psychological assessment, and mental health advocacy. Proven track record in both clinical settings and operations management. Strong background in neurodevelopmental disorders, counseling, and psychological training. Adept at problem-solving, resource management, and contributing meaningfully in dynamic, multi-disciplinary environments.

Recent profile	Ascend Psycare, New Delhi Manager-Operations, Centre Coordinator & Counseling Psychologist	(April 2024-April 2025)
Education	Ph.D. Clinical Psychology SGT University, Gurugram Thesis Title: Experience Of Cancer Journey Through the eyes of Survivor And Caregiver: An Interpretative Phenomenological Approach	(2019–2024)
	M.Sc. Clinical Psychology Christ University, Bengaluru First Division/ Grade A Thesis Title: Personality Traits and Meta-Cognitions associated with Hoarding Behavior in Young Adults	(2016–2018)
	B.A. (Hons) Psychology Kamala Nehru College, University of Delhi First Division/ Grade A	(2013–2016)
	Springdales School, New Delhi Class XII: 86.4%, Class X: 91.2%	(2001–2013)

Key Soft Skills

- Fluency in Communication
 - Empathy & Emotional Intelligence
 - Active listening
 - Teamwork & Collaboration
 - Adaptability & Flexibility
 - Strong Work Ethics
- Leadership & Initiative skills
 - Time Management & Organization
 - Commitment to Growth

Psychological Skills: Psychological Assessment & Diagnosis, Counseling & Therapy (CBT, Humanistic), Neurodevelopmental Disorders, Mental Health Workshop Facilitation, Clinical Supervision, Team & Operations Management, Prior experience in organizing conferences and workshops (National & International) & Grant proposals for research.

Publications: 2

- **Seth, K.,** Sharma, V. (2023). Healing and Protective Factors in relation to Recovery and Survivorship of Cancer Patients: An Interpretative Phenomenological Approach. *Indian Journal of Clinical Psychology*. Vol 49, No.3, 26-33. ISSN: 0303-2582. <https://www.ojs.ijcp.co.in/index.php/ijcp/article/view/374>.
 - **Seth, K.,** Sharma, V. (2023). An Interpretative Phenomenological Analysis (IPA) Study on the Motivations and Needs of Cancer Caregivers among Indian Families. *Journal of Namibian Studies*. Vol 35. S1(2023): 2255-2282. ISSN: 2197-5523. DOI: 10.59670/jns.v35i.3954.
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Conference/ Colloquium/ Paper Presentations/ Seminars: 15

- Participated in the outreach activity organized “International Congress on Chronobiology (ICC)”, University of Delhi, 2012.
- **July 20th 2016- August 28th 2016-** Participated in the Certificate Course Programme on ***Understanding Personality Disorders and Living Learning Experience (Residential Training Course using therapeutic community Methodology)*** organized by **Hank Nunn Institute in collaboration with The University of Nottingham**, The institute of Mental Health and International Network of Democratic Therapeutic Communities (INDTC).
- Participated in the **International Conference on Contemporary trends in Clinical Psychology: Training, Research, and Practice** (Department of Psychology, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru) in 2017.
- Presented Conceptual Paper in the 53rd National & 22nd International Conference of Indian Academy of Applied Psychology in Feb, 2018 in Pondicherry.
- Participated in the ICMR sponsored **National Seminar on the Need for Intervention for children whose parents are treated for Schizophrenia** (Christ University, Bengaluru) in 2018.
- Presented a poster on the topic ‘**Early detection and Intervention in Children with hearing impairments**’ at the **National Seminar – Empowering Lives: Mental Health and Wellbeing in an Inclusive World** (Christ University, Bengaluru)
- Presented Research Paper titled, “Meaning of Life and Benefit Finding among Cancer Survivors” in the International Conference on Cognitive Behavioural Interventions (ICCBI-2021:Virtual) in Nov, 2021.
- Presented Research Paper titled, “Psychosocial Correlates of COVID-19 Lockdown: A narrative review” in the International Conference on Cognitive Behavioural Interventions (ICCBI-2021:Virtual) in Nov, 2021.
- Presented Research Paper titled, “Meaning of Life and Benefit Finding in Cancer Survivorship” in the International Conference on Cancer Biology:Advances & Challenges- HEALTH 2021 in Nov, 2021.
- Presented Research Paper titled, “Psychosocial Correlates among Cancer patients during COVID-19 pandemic” in the International Colloquium on Psychosocial Issues in COVID-19 Era in Dec, 2021.
- Participated in the “International Conference on Career Coaching and Life Development (CCLD 2024): A Paradigm Shift” in Jan, 2024 in Gurugram, Haryana.
- Attended the 5th International Conference ISLMCON 2024 on “Lifestyle Medicine Across Lifespan” by the Indian Society of Lifestyle Medicine in Oct, 2024 in New Delhi.
- Attended the Policy Advocacy and Learning Exchange event by SARVARTH on “Mental Health & Wellbeing in the age of Modernization & Technology” in Oct, 2024 in New Delhi.
- Attended, Participated and Assisted as a Core Organizing Team Member in organizing the International Conference on Cognitive Behavioural Interventions (ICCBI-2025) in April, 2025 in New Delhi.
- Presented Research Paper titled, “The Impact of Office Physical Space, Work Setting & Seating Arrangement on Employees’ Self Esteem, Motivation, Sense of Belongingness & Sense of Purpose” at the International Conference on Cognitive Behavioural Interventions (ICCBI-2025) in April, 2025 in New Delhi.

Work Experience: 2

Manager-Operations, Centre Coordinator & Counseling Psychologist

Ascend Psycare, New Delhi | Apr 2024 – Apr 2025

- Oversaw clinic operations, scheduling, and therapy planning
- Conducted psychological assessments and therapeutic sessions
- Managed staff training and supervision

Case Manager

Autism Centre for Excellence (ACE), Gurugram | 2018 – 2019

- Managed therapeutic planning for children with Autism
- Coordinated with therapists and families for progress tracking

Internships: 5

- **Sakra World Hospital, Bangalore (Nov, 2017- April, 2018):** Completed a six-month internship with successful training and practice in an OPD setup, involving case history taking, psychological assessments, and clinical observation. Gained hands-on experience in therapeutic training and development. Also participated in personal therapy sessions to enhance self-awareness and professional growth.
- **Dr. Ram Manohar Lohia Hospital, New Delhi (April-May, 2018):** Completed a one-month hospital-based internship involving fieldwork, psychological testing, diagnosis, and certification processing for school children with disabilities and learning difficulties. Engaged in case history taking, clinical observation, and administration of psychological assessments. Attended seminars, symposia, and group discussions with psychiatrists and psychiatric social workers, along with therapeutic training and personal therapy sessions.
- **Astitva – Special Needs Centre, Bangalore (Nov, 2017- April, 2017):** Completed a six-month internship with children with special needs, gaining hands-on experience in therapeutic settings. Observed and assisted therapists working with children diagnosed with Autism, William's Syndrome, Turner's Syndrome, Down's Syndrome, ADHD, and other neurodevelopmental disorders. This experience enhanced understanding of tailored interventions and child-specific care approaches.
- **BLK Super Speciality Hospital, New Delhi (April-May, 2017):** Completed a one-month internship involving successful training and practice, with a focus on therapeutic and multicultural counseling skills. Participated in a two-day "Basic Skills Training" workshop organized by PsyUni Trust, New Delhi. Also attended seminars and public talks conducted within the hospital to enhance professional knowledge.
- **Fortis Escorts Hospital, New Delhi (Jul-June, 2014):** Completed one month of successful training and practice, including counselling of executive clients and OPD patients. Participated in mental health and wellbeing workshops at the Company Secretary Institute in affiliation with Fortis Escorts. Provided counselling services at mental health camps and engaged in practical learning. Attended a specialized workshop on meditation and health maintenance techniques under the guidance of the Mind Track Institute of Health and Wellbeing.

Social Work & Volunteering: 8

- GavaKsh NGO & Rhythm of Life, New Delhi – Counseling, workshops, and women empowerment
- Active participation in the **Direction, Script Making and Preparation** of a short film **street play** on women empowerment in affiliation to Mastyle Care.
- Akshay Pratishthan School – Teaching and awareness campaigns
- S.O.S. Children's Village- Vocational training, campaign leadership, and admin roles
- **TERI** - organizer and leader of the Energy optimum utilization and Management Campaign.
- Todapur Village Association: **Ration Distribution Programs at Dasgarah Village**
- **LAADLI program** (working for the upliftment and job employment generation for the women)- JYOTI
- **Swashrit Society, New Delhi:** Health camps Counselling and training, Part of PR activities and account promotion management, Training for Personal Efficiency, Scientology
- Training in Dianetics, Scientology, Training programs in **World Wildlife Fund (WWF)**

Awards & Distinctions: 10

- Springdales School, New Delhi- Prize Winner **ACADEMIC TROPHY** successively for the years **2005-2013**
- SPECIAL AWARD -ARPAN MUKHOPADHYAY MEMORIAL TROPHY **FOR SOCIAL SERVICE** (2012)
- Certificate of participation in the outreach activity organized during the INTERNATIONAL CONGRESS ON CHRONO BIOLOGY (2011)
- Merit in BSc (Hons) Psychology, University of Delhi.
- Distinction (CGPA 9.6) in MSc. Clinical Psychology, Christ University, Bengaluru.
- **July 20th 2016- August 28th 2016-** Participated in the Certificate Course Programme on *Understanding Personality Disorders and Living Learning Experience (Residential Training Course using therapeutic community Methodology)*
- Awarded **Meritorious Scholarship** for the academic year 2017-2018 at CHRIST (Deemed to be University), Bengaluru
- Topped in Pre-PhD. Course-Work Examination in Clinical Psychology, SGT University.
- Presented Research Paper titled, “Meaning of Life and Benefit Finding among Cancer Survivors” in the International Conference on Cognitive Behavioural Interventions (ICCBI-2021:Virtual) in Nov, 2021. **Awarded the ‘Best Paper’ Award.**
- Assisted as a Core Organizing Team Member in organizing the International Conference on Cognitive Behavioral Interventions (ICCBI-2025) in April, 2025 in New Delhi.

Areas of Interest:

- Trauma and PTSD recovery mechanisms
- Family dynamics and caregiver burden in chronic illness
- Developmental psychopathology and early intervention
- Psycho-oncology (psychological aspects of cancer care)
- Cognitive-behavioural therapies and their adaptations

Future plans

- Conduct independent, evidence-based research in clinical psychology.
- Develop therapeutic interventions for specific clinical populations (e.g., trauma survivors, individuals with mood disorders).
- Collaborate with hospitals or mental health clinics for applied clinical research.
- Secure a postdoctoral research position or academic teaching role.
- Advocate for mental health awareness and reduce stigma at national and international levels.
- Develop diagnostic tools or psychological assessments tailored to specific cultural or clinical groups.

References

Dr. Nimisha Kumar

Senior CBT Expert & Clinical Psychotherapist

Founder & Director, Ascend Psycare (www.ascendpsycare.com)

Founder & President, Indian Association for Cognitive Behavioral Therapy (IACBT)

President, Asian CBT Association (ACBTA)

Linkedin profile: <https://www.linkedin.com/in/dr-nimisha-kumar-phd-27468737>

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Ms. Nitu Tiwary

Clinical Psychologist & Senior Psychotherapist

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