

JAHNAVI JHA
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Delhi

PERSONAL STATEMENT

Empathetic and results-oriented Clinical Psychologist with a passion for empowering individuals to overcome anxiety, depression, and trauma. Leveraging evidence-based therapies like CBT, ACT, DBT and trauma-informed approaches, I've successfully supported a diverse range of patients in a hospital setting. Highly skilled in assessment, treatment planning, and fostering collaborative therapeutic relationships. Eager to contribute my expertise and compassion to a dynamic team.

CORE SKILLS

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| ● Clinical Interviewing | ● Crisis Intervention |
| ● Assessment | ● Case Management |
| ● Treatment Planning | ● Cultural Competence |
| ● Psychotherapy | ● Documentation |
| ● Therapeutic Alliance Building | ● Self-Awareness & Professional Development |
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EDUCATION

Master of Philosophy in Clinical Psychology (August 2022- August 2024) - National Forensics Sciences University, Gandhinagar

Master of Science in Clinical Psychology (August 2019 - July 2021) - Kasturba Medical College, Mangalore

Bachelor of Arts in Psychology and English (2016-2019) - Sophia College for Women, Mumbai

WORK EXPERIENCE

Trainee Clinical Psychologist | Gujarat Institute of Mental health (August 2022 - August 2024)

- Did comprehensive assessments on children for certification, therapeutic evaluations and psychoeducation.
- Attended regular IPD rounds to ensure holistic psychiatric and psychotherapeutic evaluation and management of inpatients.
- Provided individual and group therapy using CBT, ACT, DBT and mindfulness-based therapies for patients with mood disorders, addiction, neurotic disorders and personality disorders etc.
- Conducted comprehensive psychological evaluations and developed treatment plans based on evidenced based models.
- Maintained detailed case documentation and collaborated with a team of mental health professionals.

Trainee Clinical Psychologist | Centre for Happiness and Well-Being, NFSU (April 2023-April 2024)

- Conducted comprehensive psychosocial assessments for Children in Need of Care and Protection (CNCP) and Children in Conflict with Law (CICL) appearing before the Juvenile Justice Board (JJB).
- Provided individual therapy to university students, addressing academic stress, anxiety, and relationship issues.
- Organized workshops and mental health awareness events, promoting student well-being and mental health literacy.
- Assisted faculty with forensic psychology research projects, including hosting visiting dignitaries from the forensics field.

Trainee Clinical Psychologist | Kasturba Medical College, Manipal (August 2019- July 2021)

- Gained comprehensive clinical experience through rotations in psychiatry wards, OPD clinics, and assessments in KMC and Wenlock district hospital, Mangalore.
- Conducted individual patient assessments, including history taking, psychometric testing, and case formulation.
- Assisted in delivering evidence-based therapies like ERP and JPMR for various mental health conditions.
- Contributed to research projects and participated in case discussions, developing strong clinical reasoning skills.

Other Experiences

- **Peer Support Moderator** | Supportiv (July 2022 - January 2024)
- **Mental Health Professional** | Being (@mybeingapp) (January 2022 - July 2022)
- **Psychology Intern** | Mindvriksha by Dr. Rohit Garg (November 2018)

RESEARCH EXPERIENCE

- **Research Intern** | Defense Institute of Psychological Research, DRDO (August 2021 - September 2021)
- **M. Phil Dissertation** | Menstrual distress in women in Sabarmati Central Jail, NFSU (2023-2024)