

Yamini Gururani

Assistant Professor | Clinical Psychologist (CRR no. A97056)

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I have worked as an assistant professor at IILM University, Gurugram for last 1 and a half years and also working as a clinical psychologist with experience in psychiatric, multi-speciality hospitals, and psychological development centres. Proficient in psychodiagnostic assessment, in/out-patient care, psychotherapy, and clinical research. I bring extra skills in public speaking, leadership, MS Office, content writing, holding a bachelor's degree in Bharatanatyam dance and Carnatic music.

CURRENT WORK PROFILE

Assistant Professor | IILM University, Gurugram

Jan'24 –April' 25

- Currently teaching post- graduate students with clinical and counselling specialization.
- Also taught Statistics and Research Methodology papers to Bachelors students.
- Mentor for Masters of Psychology batch.
- Supervised 8 dissertations for Bachelors and Masters level students.
- Appointed coordinator for the social media/ events team for the department of psychology.
- Core member during the RCI application process for the campus.
- Initiated a continuous assessment pattern as a core clinical psychologist in working with students with disabilities in the campus.
- Been part of all induction programs and presented MBTI for the same.
- Organized and compared orientation programs for the Department and School of Liberal Arts.

Clinical Psychologist | Phanes Healthcare Pvt. Ltd.

Feb'24 –

- Consultancy practice with conduction of psychodiagnostic assessment and psychotherapeutic intervention.

<https://phanesclinic.com/best-psychologists-in-india-yamini-gururani/>

Clinical Psychologist | Yamini Care | Private Practice

March'24-

- Consultancy practice with conduction of psychodiagnostic assessment and psychotherapeutic intervention.

CLINICAL PSYCHOLOGY EXPERIENCE

M.Phil. Clinical Psychology | Amity Institute of Clinical Psychology, Amity University, Rajasthan | RCI Accreditation (CRR no. A97056)

Dec'21-Dec'23

ACADEMICS

- Completed training in psychiatric hospitals, multi-speciality hospitals, and neurodevelopmental centres.
- Delivered 6 academic presentations encompassing seminars, case studies, and journal clubs.
- Conducted a dissertation on 'Grief Reactions, Emotional Expressive Flexibility, and Protective Factors in Young Adults Bereaved by Sudden Parental Loss' using an IPA approach. - Engaged in community outreach at Kushalpura village, Rajasthan (April 2022, July 2023)
- Attended the IACP conference by Gautam Hospital and Research Centre.
- Presented an exhibition for World Alzheimer's Day.
- Organized and participated in the AICP Neuropsychological workshop (September 2022).

- Showcased a poster on an opioid use case study at the NACIACP conference (February 2023).
- Actively observed awareness days for mental health and participated in skits and street plays.

CLINICAL TRAINING

Clinical Psychologist Trainee | NIMS Multispeciality Hospital

**Sep'23-Dec'23,
Aug'22-Nov'22**

Clinical Psychologist Trainee | Gautam Hospital and Research Centre **Dec'22- Aug'23**

- Collaborated closely with psychiatrists and clinical psychologists to provide comprehensive care for individuals with psychiatric disorders in both in-patient and out-patient settings.
- Contributed to consultation liaison psychiatry services in coordination with other departments, offering expertise in psychotherapy and conducting psychodiagnostic assessments, including IQ and personality assessments.
- Actively engaged in regular case discussions alongside leading psychiatrists and delivered informative awareness presentations.

Clinical Psychologist Trainee | Approach Autism Society

Apr'22 – Jul'22

- Provided professional assistance to individuals with neurodevelopmental disorders, including children, and offered support to adults with autism.

PAST EXPERIENCES

Psychologist | Phanes Healthcare Pvt. Ltd.

Aug'21-Dec'21

Carried out over 500 sessions, overseen by Mr. Aditya Sarao, to address a wide range of concerns in patients, including neurotic disorders, relationship challenges, trauma-related issues, and grief and bereavement.

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Outreach Head | Youth for Mental Health, New Delhi

Jun'20-Jul'21

- Led communication efforts as the Head of Outreach for the largest mental health summit on World Mental Health Day, organized in collaboration with WFMH (World Federation for Mental Health), UN (United Nations), and numerous international and national organizations.
- Orchestrated an impactful awareness campaign in collaboration with YMH and VH1.
- Coordinated the successful execution of Summer Internship 2.0 and Chapter 3 initiatives.

Student Intern | Youth for Mental Health, New Delhi

Mar'20

- Internship organized on a digital platform by the Youth for Mental Health organization.
- Managed sessions organized by YMH with experts from the field of Mental health, Public Health and Research.

Student Intern | under Dr. Deepali Batra, New Delhi

Aug'19-Oct'19

- Conducted comprehensive assessments and oversaw clinic operations.
- Focused on the study of developmental disorders.
- Actively observed counselling and case study sessions.
- Engaged in group therapy sessions to gain valuable experience.

Student Advocate | Fortis Health Care, Dept Of Psychology, Gurugram Mar'19-Jan'20

- Engaged in the Mental Health Advocacy program at Fortis Hospitals.
- Actively participated in diverse campaigns organized by Fortis, addressing mental health issues such as examination stress, suicide prevention, body image concerns, World Mental Health Day, depression, and the stigma surrounding mental illnesses.
- Crafted a constructive and affirming narrative about mental health through the creation of videos, poetry, imagery, and surveys.
- Attended educational masterclasses led by prominent figures in journalism, public health, and digital media, focusing on social media impact and content creation.
- Received training to effectively conduct calls, providing support to individuals in need of mental health assistance and played a vital role in Fortis Helpline.

Student Intern | Venkateshwara Hospital, Dwarka, New Delhi May'18-Oct'18

Worked under the guidance of Psychologist Ms. Luvleen Malhotra and Medical Director Dr. Rajiv Malhotra.

- Conducted observational studies on a variety of psychological and psychiatric disorders.
- Hands-on experience in blood bank counseling, transplant psychological evaluations, and HIV counseling.
- Conducted individual therapy and group therapy sessions.
- Followed assessment procedures and provided assistance to doctors during various tests and evaluations.

RESEARCH PROJECTS

Effects of Artificial Intelligence on Stress, Burnout, and Attention Levels among Young Adults March'25

Research paper published as a second author with student in *The International Journal of Indian Psychology* in their 13th Volume. DOI: 10.25215/1301.242

Understanding Grief Experiences, Emotional Expressive Flexibility in Young Adults with Parental Grief due to Sudden Death March'25

Presented my research paper from the extension of my thesis at National Conference of Psychology held at FLAME University, Pune.

Socio-cultural perspective in opioid substance use: A clinical case report Oct'24

Presented case report at IMHRC conference at Shia P.G. college and published at *IJIRT peer review Journal*.

Grief Reactions, Emotional Expressive Flexibility, and Protective Factors in Young Adults Bereaved by Sudden Parental Loss using an IPA approach. | Amity University, Rajasthan Jul'22-Oct'23

Submitted a dissertation as part of the final requirements for completion of M.Phil. Clinical Psychology under the supervision of Ms. Shagufta Nasir.

Use of Hallucinogens in cultural contexts Feb'23

Presented case report as poster presentation at the annual NACIACP conference

Understanding the experience of loss in young adults through art intervention | Delhi University Dec'20-Apr'21

Submitted dissertation as part of the final requirement for masters in clinical psychology under the guidance of Dr. Ishita Bharadwaj.

Self- Concept among underprivileged children | Delhi University**Dec'18-May'19**

Submitted dissertation as part of the final requirement for Bachelors in Psychology under the supervision of Dr. Garima Shukla.

EDUCATION

Master of Arts in Psychology | Department of Psychology, University of Delhi. Arts Faculty, North Campus**Aug'19-Jul'21**

- Specialization in Clinical Psychology.
- Successfully completed a summer research project titled 'Understanding the Experience of Loss in Young Adults through Art Intervention' under the guidance of Dr. Ishita Bharadwaj.
- Conducted a comprehensive meta-analysis on Creative Arts Therapy for Children and Adolescents following trauma, with guidance from Prof. Nandita Babu.

Bachelor of Arts in Applied Psychology | Shyama Prasad Mukherjee College for Women, University of Delhi, Punjabi Bagh**Aug'16-Jun'19**

- Secured the 2nd position in the Department of Applied Psychology with GPA of 8.297.
- Dissertation on "Self-concept Among Underprivileged Children" as part of the final-year requirements.
- Recognized with the prestigious Best Student Award for the year 2019.

High School Diploma — Mount Carmel School Dwarka, New Delhi**Apr'02-Mar'16**

- Achieved the top position in psychology in the batch.
- Honoured with the Best Student Award on two occasions, in 2012 and 2015, acknowledging outstanding academic performance and contributions.

B.Arts. in Bharatanatyam & Carnatic Music | Nrityabharti (SUNAINA for Arts)**Nov'04-Dec'16**

- Achieved a significant milestone by completing the Arangetram on October 25, 2014.
- Distinguished performances on both national and international stages as part of the Nrityabharti institute.

Proudly represented India at an international competition held in Thailand, organized by Akhil Bhartiya Gadharv Mahavidyalaya, Pune.

CERTIFICATIONS

UGC-sponsored 'NEP 2020 Orientation & Sensitization Programme' | organized by MMTTC at the Central University of Haryana, Mahendergarh (India) from November 20 to 29, 2024

Counseling for Suicide Prevention under QPR | Suicide Prevention India Certification course in Graphology | Cognizavest

Supervisor - Ms. Payal Sipani and achieved A grade

Certification course in New-age Relationship Counseling | WTY College Certification course in Counseling | Psychology Araamse Organization, UVNAC

Successfully completed a Rogerian Counseling workshop led by Ms. Eva Das and Mr. Raunaq Chawla, hosted by UVINAC and Psychology Araamse in March 2020.

Certification course in Dream Analysis | Tongue Your Mind**Sep'19**

Participated in a 10-day dream analysis workshop facilitated by the Tongue Your Mind organization.

EXTRA-CURRICULAR ACTIVITIES

Founder & Cultural President DUSU, University of Delhi	Jan'19-May'19
Volunteer Coordinator Stand N Stride, Dwarka, New Delhi	Jun'18-Jul'18
Content writer Sankalp, NGO, New Delhi	Sep'16-May'17
Bharatanatyam Dance Teacher Melody Foundation Institute for Arts	Nov'16-Mar'22

SKILLS

Public speaking/ Leadership abilities /Social media proficiency /Content writing
Canva /MS Office
Proficient in English, Hindi

HOBBIES AND INTERESTS

Reading /Art /Music
Mandala Artist- Have organized mandala workshops and have participated at various exhibitions, showcasing artwork. *Instagram handle: @mandala.shaukeen*

SOCIAL MEDIA PROFILES

LinkedIn: <https://www.linkedin.com/in/yamini-gururani-665ba719b/>

<https://www.instagram.com/yaminicare/>