Sukriti Dhingra

(MSc. Mental Health Studies, King’s College London), (MSc, Clinical Mental Health Sciences, University College London), (MBPsS, The British Psychological Society)

**RCI Licensed Clinical Psychologist** **CRR number (CRR NO. : A74052)**

Address: F-68 Naraina Vihar, New Delhi, India 110028

Contact: +918800483783, +91981144373 (emergency contact)

Twitter: @sukriti\_speaks
E-mail: sukriti.dhingra23@gmail.com,

sukriti.dhingra01@gmail.com,

pdhingra93@gmail.com

**Sukriti Dhingra**

**(Licensed Clinical Psychologist, MSc. Mental Health Studies, King’s College London MSc. Clinical Mental Health Sciences University College London, MBPsS, The British Psychological Society)**

***Statement***

An experienced research assistant and Licensed Clinical Psychologist as demonstrated by working in psychiatric resource centre (NHS), training as a clinical psychologist, as well as working as research assistant on multiple studies. Strong presentation, communication, research and psychological skills with a MSc. in Mental Health Studies from King's College London and MSc. Clinical Mental Health Sciences from University College London. Rehabilitation Council of India Licensed Clinical Psychologist, intent on seeking challenging assignments and responsibility in a clinical psychologist role, with an opportunity for growth and advancement in profession.  Interested to conduct research and work on interventions within child and adolescent mental health with a focus on Low-Middle income countries, increasing awareness of mental health, thereby increasing engagement with services.

**Educational Qualifications**

**Professional Diploma in Clinical Psychology (2020-2021)**

**Rehabilitation Council of India approved license training programme for
Clinical Psychologists**

**CRR number (CRR NO. : A74052)**

**Postgrad: London**

**First Masters (MSc. Mental Health Studies, King’s College London 2017-2018)**

* Completed MSc. in **Mental health Studies from King’s College London, Institute of Psychiatry, Psychology and, Neuroscience, ( 2017-2018.)** Course Modules included Cognitive Behaviour Therapy, disaster response management, basic mental health, and statistics
  (2017-2018) and dissertation project on student perceptions of mental health
* Voluntary Clinical Placement at the South London and Maudsley National Health Service **(SLAM NHS),** Chaucer Resource Centre for Psychosis. (2018)-Role at the placement was to observe patient –doctor interaction, with the client’s permission and take history and mental state exams.  I was also responsible for administration work and helping with organising the physical and mental health collaboration network.)

**Second Masters (MSc. Clinical Mental Health Sciences, University College London, 2018-2019)**

* MSc. **in Clinical Mental health Sciences from** **University College London, Division of Psychiatry. (2018-2019)**Course modules include ; Core Principles of mental health , core principles of mental health research, culture and clinic, mental health policy and evaluation , current research in child and adolescent mental health, current research in depression and anxiety, and dissertation project on equality in academic psychiatry in U.K.
* Research Assistant for Perinatal Mental Health Study in Division of Psychiatry, University College London As a research assistant for the study I am now proficient in qualitative analysis and using the program Nvivo (qualitative analysis) for the STACEY study research. Finding relevant themes, coding and analysis of data. A further direction the research promises to take is to be a part of the team that is writing the research paper.
* Academic Representative for Clinical Mental health Sciences 2018-2019 with a cohort of close to 90 students

**Undergrad: India**

* Co-authored and presented a paper on “SOCIAL Harmony and Well-being: Issues and Challenges.” (In the Indian Context) at the National Seminar, March, 2016 sponsored by University Grant Commission (UGC)  , in collaboration with National Psychological Association of India.
* Member of the organizing committee , for the National Conference on “Perspectives of Successful Ageing “ to be held on 23rd -24th September , 2016  in my college , in collaboration with Indian Association of Positive Psychology.
* Presented a paper on “Self- contentment and realistic Self-appraisal in old age”, (in the Indian context) at the National Conference held on 23rd -24th September 2016.
* **Two Observer-ship at Sir Gangaram Hospital in the Psychiatry /Psychology department. Proficient in Mental State Exam, Taking history of patient**
* Member of Igniting Young Minds, initiative for underprivileged kids for their moral and creative education (2014-1015).
* Two-time crew team member, handling co-ordination and allied issues at the Conclave on Mental Health Awareness –Psychological First Aid. In association with Department of Psychiatry, All India Institute of Medical Sciences (AIIMS), in 2015 and 2016.
* Online course, via Coursera on “Moralities of Everyday Life, By Paul Bloom, Yale University.
* Co-head of photography team for the year 2014 for the Leaders for Tomorrow (LFT), a non- profit organization.
* **Psychology (Hons.) from Delhi University (Distinction, with First Division)**

**Recent Work Experience:**

* **Research Assistant, University of Delhi ,** Department of Anthropology, study entitled : Infertility and its Psychological impact, A hospital based case controlled study.” Sponsored by National Commission for Women. (June 2020-December 2020)
* Trainee Clinical Psychologist, Rehabilitation Council of India. ( October 2020- October 2021 )

**Publications:**

First author for the open access publication of **“Gender equality in academic psychiatry in the UK in 2019”**

Citation: Dhingra, S., Killaspy, H., & Dowling, S. (2021). Gender equality in academic psychiatry in the UK in 2019. *BJPsych Bulletin,* *45*(3), 153-158. doi:10.1192/bjb.2020.116

**Project Experience:**

* Part of Leaders For Tomorrow (core Photography Team) , also part of many events during the year 2014-2015
* Taught underprivileged kids in India at Igniting Young Minds, initiative for 2014.
* Part of the Organising Committee, the National Conference on “Perspectives of Successful ageing.” Also, Team leader of various Committee
* Academic Representative for Clinical Mental health Sciences 2018-2019 with a cohort of close to 90 students
* Employed at Sunair International to provide their staff of 400 employees organisational psychology seminar (2019)

**Communication Skill:**

* As a member of various committees during my education in school, undergrad and postgrad, I have had the distinct pleasure to communicate with my peers and academic seniors in the profession. I have had the opportunity to lead meetings as an academic representative (2018-2019) with my course directors and other staff members regarding our cohort’s views and feedback of the course with ease and aplomb.
* As a research associate 2018-2019, I can communicate well with my supervisor about the study.
* As a student psychologist during my previous masters, my major role was to communicate with the patients and report to my superiors
* Various group projects that were a part of our course work were completed with ease and communicative skill.
* As a team member in school and undergrad for various events that I helped organise by being a part of the core team required communication and cordial relations with my peers and team members and were always conducted with ease.  As Member of the organizing committee, for the National Conference and Team leader for various committees have handled these responsibilities and media diligently.

**Managerial Skill:**

* **Academic Representative for Clinical Mental health Sciences 2018-2019**
* As Member of the organizing committee, for the National Conference and Team leader of the Souvenir Committee successfully handled issues as our college was also hosting such event first time.  (2014-2017)
* Two-time crew team member, handling co-ordination and allied issues at the Conclave on Mental Health Awareness –Psychological First Aid. In association with Department of Psychiatry, All India Institute of Medical Sciences (AIIMS), in 2015 and 2016.

**Computer skills:**

* Proficient in computer in MS word and MS Excel and PowerPoint
* IBM  SPSS Statistics 23.0 for quantitative research
* Nvivo for qualitative research

**Qualifications:**

* **Completed Psychology(H) from Delhi University with 80% marks.( First Division, Distinction)**
* **Completed Msc. Mental Health Studies from King’s College London**
* **Completed Msc. Clinical Mental Health Sciences , University College London, (2018-2019)**
* **Professional Diploma in Clinical Psychology (2020-2021) Rehabilitation Council of India approved license training programme for clinical psychologists**
* **Introduction to Good Clinical Practice (Primary Care). National Healthcare Services**
* **Graduate Basis for Chartered Membership (GBC), The British Psychological Society (BPS)**
* Completed grade 12th , 2014 from Ryan International School Vasant Kunj with 97 % marks in Psychology
* 10th from Ryan International School Vasant Kunj with CGPA of 9.2.out of 10

**Achievements:**

* Presented Papers at a National Conference (2016)
* Present paper at a National Seminar( 2016)
* Won second position for Public Speaking (on HIV AIDS), Case Study (“Is Beauty Skin Deep ?” ) , International Convention for High School and College students. (2010) (MSQCC) held in Mauritius
* Won School level round for National Crosswords. Entering Zonal
* Part of various leadership positions at high school level (such as student council)
* **Represented India and our School and took part in Mauritian Society for Quality Control Circle (MSQCC 2010) held in Mauritius**, an**international convention**. Represented India and school as a public speaker, in the cultural programme, and the group case study and won Second Prize.
* Participated in numerous debates, public speaking, writing competitions and speeches throughout primary, middle and high school.
* Leading Performer for 8 years   in the International Children’s Festival of Performing Arts
* **Took part as performer in Commonwealth Games (2010) Welcoming Ceremony**.