

PUJA CHAKRABORTY

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PROFESSIONAL SUMMARY

Dedicated and empathetic **Clinical Psychologist (RCI)** with practical experience in psychological assessments, therapeutic interventions, and patient-centered care. Proficient in creating evidence-based treatment plans, performing detailed psychological evaluations, and working collaboratively with diverse healthcare teams to advance mental health care. Recognized for **silver medal distinction** in MPhil and a strong research background with published work. Passionate about advancing mental health awareness and innovative therapeutic practices.

EDUCATION

DEGREE	INSTITUTE/BOARD	GRADE	Year
MPhil in Clinical Psychology	Government Medical College and Hospital, Chandigarh Affiliated to Panjab University	900 1 st Div with distinction (Silver medalist)	2022-24
MA in Clinical Psychology	Amity University, Noida	8.26 (First Division)	2020-22
BA (Hons) Psychology	Indraprastha College for Women, University of Delhi	8.392 (First division)	2017-20
Class XII	The Assam Valley School, Balipara (ISC)	97.25%	2017
Class X	The Assam Valley School (ICSE)	88.83%	2015

EXPERIENCE

MPhil in Clinical Psychology – Government Medical College and Hospital, Chandigarh

(24th Jan 2023 – 24th May 2025)

- Underwent rigorous clinical training under supervision in areas of diagnosis, case formulation, psychological assessments, and therapeutic interventions.
 - Total Assessments (Disability/Psychodiagnostic/Neuropsychological)- **200+**
 - Total Therapy Hours Completed- **700+hrs**
- Collaborated with multidisciplinary teams to develop and implement holistic mental health care plans.
- Provided immediate intervention, suicide risk assessments and crisis stabilization for high risk patients.
- Postings included OPD set up, acute psychiatric ward, rehabilitation services, day care centre, community settings and referral duty.
- Participated and presented in case conferences, workshops, seminar presentations and journal clubs.
- Performed the responsibilities of a *class representative* for two years consecutively.

Clinical Psychology Internship – Deepaani Encore LLB

(7th July 2021 – 7th August 2021)

- Observed therapy sessions catering children and young adults
- Participated in activities such as poster making, webinar, research presentation, seminar presentation

Clinical Psychology Internship – Deepaani Encore LLB

(2nd March 2021 – 6th April 2021)

- Attended workshops on history taking and MSE, counselling skills, psychodynamic therapy, basic child psychology, art therapy, CBT and expressive art therapy
- Learnt and administered projective tests

Clinical Psychology Internship – Counsel India

(26th September 2020 – 31st October 2020)

- Assisted in cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT) sessions.
- Conducted mental health screenings and psychological assessments.

Psychology Internship - Vidyasagar Institute for Mental Health, Neuro, and Allied Sciences (VIMHANS)

(1st July 2019 – 26th July 2019)

- Observed psychiatry OPD and occupational therapy sessions. Actively engaged with patients in a daycare centre, and attended workshops on expressive arts therapy, gaining practical experience in rehabilitation techniques.
- Attended and participated in multidisciplinary team discussions on patient care.

Psychology Internship - Fortis Hospitals Ltd, Anandapur, Kolkata

(28th May 2018 – 22nd June 2018)

- Gained exposure to liaison psychiatry, shadowed a psychiatrist during bedside rounds, observed patients in OPD, actively discussed cases with clinical psychologists, and participated in department-organized workshops, enhancing clinical knowledge and interdisciplinary collaboration skills.

SKILLS

- **Therapeutic Interventions-**
 - CBT, DBT, ACT, BT, BM, Couple Therapy, IPSRT, Psychosocial rehabilitation
- **Total Therapy Hours Completed-**
 - 700+hrs
- **Clinical Assessments and Diagnosis-**
 - Case history taking, Mental status examination, Formal IQ assessments, disability assessments, personality assessments, conflict assessment, psychodiagnostics assessment, assessment for specific learning disability, neuropsychological assessments.
- **Technical and Research Methodology-**
 - SPSS, Microsoft Office (Excel, PowerPoint, Word)

RESEARCH AND PUBLICATION

- **Published paper:** Chakraborty P. & Malik N. (2022). Fitispiration: Fitness Culture on Instagram and Young Adults' Exercise Habits, Eating Attitudes and Body Image. *International Journal of Indian Psychology*, 10(2), 877-899. DIP:18.01.089.20221002, DOI: 10.25215/1002.089
- **Presented paper:** "That's the Spirit: A psychological exploration" at National Paper Presentation Competition organized by Positive Psychology Centre under IQAC (2018).
- **MPhil Thesis:** Comparative study assessing relationship of parental attitudes with obsessional beliefs and interpersonal ambivalence in obsessive compulsive disorder and healthy controls
- **Masters' Thesis:** Atypical Experiences of Siblings of Individuals with Autism spectrum disorder: An exploratory study

- **UG Thesis:** #Fitspiration: Fitness culture on Instagram and young adults' exercise habits, eating attitudes and body image

WORKSHOPS/ SEMINARS/ CERTIFICATIONS

- **Therapy Master Class** – Counsel India (2022)
- **Advanced CBT Master Class** – Indian Counselling Services (2022)
- **Case History & Mental Status Examination Workshop** – Karma Centre for Counselling and Wellbeing (July 2019)
- **Panel Speaker:** “Mental Health in the Context of Covid-19: Challenges & Solutions” (October 2020)
- **Psychological Enquiry Participation** – Indraprastha College for Women, DU (March 2018)
- **International Conference Volunteer:** *The Fragmented Self* – Indraprastha College for Women, DU (October 2017)

LANGUAGES

- English, Hindi, Bengali, Assamese

REFERENCE

Available on request