

Heena Oberoi

Clinical Psychologist

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Professional Summary

Empathetic and committed Clinical Psychologist with extensive training and hands-on experience in hospital settings. Skilled in psychiatric diagnosis, psychological testing, crisis intervention, and multidisciplinary collaboration. Dedicated to improving patient outcomes through compassionate, evidence-based care tailored to hospital environments.

Core Competencies

- Psychiatric diagnosis (ICD-10 & ICD-11)
- Psychological assessments & testing
- Inpatient & outpatient support
- Individual and family therapy
- Emergency crisis intervention
- SPSS & clinical research
- Psychoeducation & care planning
- Strong interpersonal & communication skills

Professional Experience

Clinical Psychologist | Athena Behavioural Health

June 2024 – Present

- Managed a caseload of approximately 6-8 clients per day with a wide range of mental health issues on the psychotic as well as neurotic spectrum
- Utilized variety of projective, semi-projective and personality assessments to further support diagnosis
- Developed and implemented individualized treatment plans
- Provided family therapy to patient's caregivers to psycho-educate them regarding the illness and thus ensuring holistic care

Clinical Psychologist Trainee | Vivekananda Institute of Mental Health and Neuro Sciences

May 2022 - March 2024

- Managed a caseload of approximately 8-15 clients per day with a wide range of mental health issues within a private practise setting
- Utilized variety of assessments to diagnose and formulate treatment planning
- Developed and implemented individualized treatment plans for clients with a wide variety of mental health issues
- Provided crisis intervention services to clients in need of urgent care

Internship Experience

Psychology Intern | Samvitt

July 2021 - August 2021

- Gained practical skills required in clinical settings including ethical and legal issues to be taken into consideration
- Discussed on several case studies related to a range of psychological disorders including mood disorders, anxiety disorders and sexual disorders

Psychology Intern | Bee Hive Junior School

July 2021

- Engaged in and fostered daily interaction with children with special needs
- Administered several psychometric assessments under supervision including Childhood Autism Rating Scale (CARS) and Bhatia's Battery of Performance Intelligence Test

Psychology Intern | Saksham Child and Adolescence Clinic

May 2017 - July 2017

- Observation of children diagnosed with a range of childhood disorders including autism, intellectual disability etc
- Administration of psychometric tests under supervision including Vineland Social Maturity Scale, Childhood Autism Rating Scale (CARS)

Volunteer | Leaders for tomorrow

July 2016 - April 2017

- Managed and organized wide variety of awareness programs such as anti-drugs, anti-ragging campaign, cleanliness drive, adopt-a-plant, book and cloth collection drive etc.

Education**M.Phil. in Clinical Psychology | Mahatma Jyoti Rao Phoole University | 2021 – 2023**Score: 83.5% | 1st Rank holder

Dissertation: Burnout in Trainee Clinical Psychologists: Role of empathy, professional self-doubt, coping orientation, and psychological flexibility

M.A. in Psychology | University of Delhi | 2019 – 2021

Score: 79.5%

B.A. (Hons) Psychology | University of Delhi (Mata Sundari College) | 2016 – 2019

Score: 79.5% | Rank: 2nd in Department of Psychology

Higher Secondary Certificate | Springdales School | 2016

Score: 91%

Secondary School Certificate | Springdales School | 2014

Score: 95%

Certifications

- Trained in QPR crisis intervention (2021)
- Completed a course on Schizophrenia from Wesleyan University (2020)

Up to three (3) **references** can be provided on request.

I hereby declare that the information furnished above is true, correct and complete to the best of my knowledge.