

# Ujjaini Bose, Clinical Psychologist

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## PROFESSIONAL SUMMARY

RCI Licensed Clinical Psychologist and Researcher with an M.Phil. and 2 years of hands-on experience in diverse mental health settings. My approach is about creating a safe, non-judgmental space where others feel empowered to make their own decisions. A self-reflective practitioner with a strong record of effectively assessing, diagnosing, and treating various psychological conditions through an integrated and trauma-informed approach that is rooted in various evidence-based therapeutic techniques. Committed to creating a safe and nurturing environment that encourages personal growth and resilience, with a keen understanding of cultural and individual differences. Possesses strong communication skills and a collaborative approach that enables effective relations with diverse populations and healthcare teams. Passionate about ongoing professional development and continuous learning.

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## WORK EXPERIENCE

August 2024 – Present	<b>RCI-Licensed Independent Clinical Psychologist</b>	<b>Delhi NCR</b>
	<ul style="list-style-type: none"><li>• Providing psychotherapy and conducting psychological assessments for primarily adults and adolescents, specializing in emotional regulation, personality disorder, self-compassion, and caregiving dynamics.</li><li>• Utilizing an integration of evidence-based interventions such as CBT, DBT, ACT, and compassion focused therapy to address dysregulation, interpersonal and attachment difficulties, anxiety and depression.</li><li>• Conducted risk assessments, crisis intervention and psychoeducation for clients suffering with self-harm, perfectionism, and relationship difficulties.</li><li>• Continuous collaboration with psychiatrists, educators, and families to provide holistic care and long-term therapeutic support.</li></ul>	
April 2024 – June 2024	<b>Clinical Psychologist, National Institute for Empowerment of People with Disabilities (NIEPD)</b>	<b>Noida</b>
	<ul style="list-style-type: none"><li>• Successfully diagnosed neurodevelopmental delays and emotional difficulties in children through diagnostic interviewing and comprehensive psychometric/intelligence testing.</li><li>• Administered tailored therapeutic interventions such as Parent-Management Training (PMT) and Behavioral Therapy (BT) in collaboration with rehabilitation psychologists to enhance children's functioning with 90% satisfaction as conveyed by parents and seen through the child's improved functioning</li><li>• Administered Parent Management Training (PMT) sessions to equip families with strategies for effective behavioral management which helped improve their child's emotional and physical health with success and reduced dropout rate by 15%.</li><li>• Provided ongoing support and communication to parents, ensuring alignment between home and therapeutic strategies for optimal outcomes</li></ul>	
September 2023 – March 2024	<b>Clinical Psychologist, Disha Neuropsychiatry Center</b>	<b>Greater Kailash, Delhi</b>
	<ul style="list-style-type: none"><li>• Successfully assessed, diagnosed, and treated the diverse psychological needs of approximately 80 patients, utilizing detailed case histories and evidence-based techniques to develop individualized treatment plans that ensured client satisfaction and maximum retention.</li><li>• Facilitated tailored- interventions for clients experiencing anxiety, depression, panic, phobia, OCD, dissociation, grief, interpersonal difficulties, and personality disorders, achieving a high success of 85% and a low dropout rate.</li><li>• Implemented various therapeutic modalities through a trauma-informed lens to ensure flexibility in therapeutic approaches, including Cognitive Behavioral Therapy (CBT), Dialectical-Behavior therapy (DBT), Mindfulness-based cognitive therapy (MBCT),</li></ul>	

and Acceptance and commitment therapy (ACT) for clients from diverse backgrounds which led to improved results and reduced dropout by 15%.

June 2023 — August 2023	<b>Clinical Psychologist, Deen Dayal Upadhyay Hospital (DDU)</b>	<b>Delhi</b>
	<ul style="list-style-type: none"><li>• Conducted comprehensive case workups for over 60 patients in a limited timespan within the OPD setup and conducted relevant psychological evaluations.</li><li>• Administered evidence-based therapeutic interventions primarily involving CBT, DBT, and MBCT to effectively treat mental health issues commonly seen within lower socioeconomic strata with a success rate of 85% as seen through reduced dropout and improved outcome</li><li>• Collaborated with multidisciplinary teams within the hospital setup to ensure holistic patient care and treatment planning to ensure holistic care leading to higher retention.</li><li>• Fostered a culturally competent approach in therapy, building rapport with clients from diverse socio-economic backgrounds.</li></ul>	
March 2023 – May 2023	<b>Clinical Psychologist, Perfect Mind</b>	<b>Delhi</b>
	<ul style="list-style-type: none"><li>• Conducted detailed case workups and therapeutic interventions for clients experiencing anxiety, depression, somatoform disorders, personality disorders, OCD, dissociation, sexual dysfunction, interpersonal conflicts, and substance use difficulties.</li><li>• Administered personality tests and various projective tests to gain insights into clients' behaviors, enabling tailored therapeutic approaches.</li><li>• Delivered Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), MBCT, and Schema-Focused therapy to patients under clinical supervision.</li><li>• Engaged with clients of all age groups and genders, adapting therapeutic techniques to suit individual cultural contexts</li></ul>	
Dec 2022 - February 2023	<b>Clinical Psychologist, The Happy Tree - Rehabilitation Center</b>	<b>Delhi</b>
	<ul style="list-style-type: none"><li>• Worked in an IPD set-up with patients having various substance use disorders.</li><li>• Facilitated weekly Individual and Group therapy sessions using a blend of third-wave therapies fostering a supportive environment to share experiences and develop individual coping strategies and life skills which increased treatment adherence by 85% as seen through patient testimonials.</li><li>• Conducted Family therapy sessions, engaging family members in the treatment process to promote better understanding and support for affected individuals.</li><li>• Collaborated with interdisciplinary teams to develop comprehensive treatment strategies that address both psychological and physical health concerns.</li></ul>	
Sep 2022 - Nov 2022	<b>Clinical Psychologist, Super Specialty Pediatric Hospital &amp; Post Graduate Teaching Institute (PGI Hospital)</b>	
	<ul style="list-style-type: none"><li>• Assessed over 70` children for various psychological issues in collaboration with neurology and pediatric departments as well as the families, enhancing their social skills and emotional regulation with a high success rate and low dropout rates.</li><li>• Diagnostic interviews for conditions such as Mental Retardation, Autism, somatoform pain disorders, other neurodevelopmental disorders, and childhood OCD through comprehensive evaluations and relevant tests/assessments where needed.</li><li>• Implemented evidence-based therapeutic interventions including Behavioral Therapy, PMT, problem-solving, and DBT among others to address emotional and social challenges among children.</li><li>• Supported children experiencing bullying by developing individualized coping strategies and fostering resilience skills.</li></ul>	
June 2019 – August 2019	<b>Junior Counselling Psychologist, Dr. Ram Manohar Lohia (RML) Hospital</b>	<b>Delhi</b>
	<ul style="list-style-type: none"><li>• Shadowed primary clinical psychologists in providing therapeutic support to individuals facing mild psychological difficulties.</li><li>• Learned different counseling modalities and best practices for engagement and support during sessions by observing and documenting counseling sessions by lead psychologists.</li><li>• Participated in case discussions with clinical psychologists to gain insights into treatment planning and case management.</li></ul>	

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## LICENCES & CERTIFICATION

Registered Clinical Psychologist: Certified by Rehabilitation Council of India (RCI)

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## VOLUNTEERING EXPERIENCES

March 2021 – May 2021	<b>Mental health volunteer, Tihar Jail Internship program – Organized by the Mental Health Foundation (MHF)</b> <ul style="list-style-type: none"><li>Assisted in evaluating inmates' mental health conditions and identifying symptoms of anxiety, depression, trauma, and personality disorders. Shadowed group therapy sessions with incarcerated individuals focusing on emotional regulation, coping, and stress management.</li><li>Worked alongside psychiatrists, psychologists, and social workers to design and implement treatment plans for inmates. Monitored and documented follow-ups for case discussions.</li></ul>
May2020 — July2020	<b>Mental Health Advocate at Counsell India</b> Branding, awareness, and research in the field of Mental Health and Psychology
May 2018 – July 2018	<b>Mental Health Advocate at Umeed NGO</b> <ul style="list-style-type: none"><li>Worked with other healthcare practitioners to provide appropriate care and education about physical and mental health to individuals from lower socioeconomic backgrounds.</li><li>Visited various slums within Delhi, providing supportive therapy and educating families about their right to basic amenities and services available to them by the government.</li></ul>

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## EDUCATION

August 2022 — June 2024	<b>Masters of Philosophy (M.Phil.) in Clinical Psychology</b> Graduated with a Medal for excellence in overall performance from Amity University, Noida
August 2019 — July2021	<b>Masters (M.A) in Clinical Psychology</b> Banaras Hindu University, Varanasi
August 2016 — June 2019	<b>Bachelor’s (B.A) in Psychology</b> University of Delhi, Delhi

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## SKILLS

Active Listening	Diversity Awareness and Cultural S
Empathy and Rapport Building	Psychometric & Diagnostic Assessment skills
Communication & Writing Skills	Multidisciplinary approach
Adaptability in Therapeutic approaches	Conflict resolution and Decision-making
	Stress management and self-reflection

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## LANGUAGES

English	Bengali
Hindi	

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## RESEARCH & CONFERENCES

<b>Thesis:</b> Role of Self-compassion, Self - Reassurance, Care-seeking, and Caregiving in Individuals with Emotionally Unstable Personality Disorder as a New Therapeutic Framework.	
<b>Paper Presentation:</b> Role of social mentality theory in individuals with Emotionally Unstable Personality Disorder - <b>IACP Conference 2024</b>	
<b>Paper:</b> Empirical Study: Social Mentality Theory in Personality Disorders: – “Ongoing Research”	

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**REFERENCES****Ms. Sneha Das**

Clinical Psychologist & Associate Professor  
Amity University, Noida (UP)  
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**Ms. Rashmi Pandey**

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