

# ***Manya Lal***

Licensed Clinical Psychologist (RCI)

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***Name:*** Manya Lal

***Sex:*** Female

***Age:*** 27 years

***Education:*** M.Phil Clinical psychology

***Marital status:*** Single

***Religion:*** Hindu

***Residence:*** New Delhi, India

***Nationality:*** Indian

***Pronouns:*** she/her

## ***Professional Summary***

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As a Licensed Clinical Psychologist, Manya Lal brings extensive expertise in conducting comprehensive psychological assessments and delivering personalized psychotherapy across diverse mental health conditions. She earned her M.Phil. in Clinical Psychology from Mahatma Gandhi University of Medical Sciences and Technology and is currently pursuing a Ph.D. at SGT University, focusing her research on trauma in women.

Manya is highly skilled in conducting psychological assessments across diverse populations. She is proficient in projective tests such as the Rorschach Inkblot Test (ROR) and Thematic Apperception Test (TAT), intelligence testing (Binet-Kamat Test, MISIC, VSMS, DST), and personality assessments like the Minnesota Multiphasic Personality Inventory (MMPI). She specializes in neurocognitive evaluations using the NIMHANS Neuropsychology Battery and

Specific Learning Disability assessments with the NIMHANS SLD Battery. Additionally, she assesses children with autism and ADHD using tools like the Indian Scale for Assessment of Autism (ISAA) and ADHD rating scales for both adults and children.

In her therapeutic practice, Manya designs and implements individualized therapy plans tailored to each client's unique needs and diagnoses, employing an eclectic approach. She is trained in trauma-informed and attachment-informed therapies and integrates techniques from Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT), and mindfulness practices. Her interests include addressing mood and anxiety spectrum disorders, women's mental health issues, experiences of domestic abuse, childhood disorders, personality disturbances, and providing support to individuals within the LGBTQIA+ community.

### ***Qualifications***

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<b>Degree</b>	<b>Institution</b>	<b>Percentage</b>	<b>Year</b>
Doctor of Philosophy (PhD)	Shree Guru Gobind Singh Tricentenary University (SGT)	Pursuing	August 2024- 2028
Masters of Philosophy (M.Phil.) Clinical Psychology	Mahatma Gandhi University of Medical Sciences and Technology Jaipur, Rajasthan	63%	Dec 2020- Feb 2023
Master of Arts: Counselling Psychology	Amity Institute of Psychology & Allied Sciences, Uttar Pradesh	SGPA: 7.85	2018-2020
Bachelor of Arts: Applied Psychology	Delhi University	CGPA: 6.284	2015-2018
Senior Secondary School Examination	Manav Sthali School, New Delhi	89.95%	2015
Secondary school Examination	Manav Sthali School, New Delhi	CGPA:8.6	2013

## Work Experience

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- Designation: Clinical Psychologist

Institute: Base Hospital Delhi Cantonment, Indian Army (BHDC)| New Delhi

7<sup>th</sup> January 2023- Present

🌈 *Improving pt. care strategies and treatment plans for individuals of all age groups. Conducting psychological assessments like Rorschach-ink-blot test (ROR), Thematic apperception test (TAT), IQ testing for all age groups conducted through BKT, MISIC, VSMS, DST along with testing for SLD using NIMHANS SLD battery, applying tools for testing Autism and ADHD, and neurocognitive assessments like NIMHANS battery. Design and implement individualised therapy plans using an eclectic approach, tailoring interventions as per patients' unique needs and diagnosis. Conducting psychological workshops in a multidisciplinary setting and offering an in-depth knowledge about mental health for, military officials, wives of military officials and adolescents. Conducting lectures on Clinical Psychology for MD Psychiatry Residents and AMS students on a weekly basis.*

- Designation: Consultant Clinical psychologist

Institute: Psychiatry clinic under Dr. Sumit Kumar Gupta

September 2023- July 2024

## Prior experience

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- Delhi Counselling Helpline operated by COVID Response in affiliation by Mind Piper, I Am and SOCHARA| Crisis Counsellor (29<sup>th</sup> June 2020- 31<sup>st</sup> July 2020)

🌈 *Citizens of Delhi affected with COVID-19 were provided with psychosocial and emotional support through a helpline. Psychological first-aid, supportive counselling and counselling for loss was done in the individual online sessions with the affected.*

- Delhi Commission for Protection of Children's Rights (DCPCR), Government of NCT of Delhi | Social-Emotional-Medical-Financial-Educational survey of children whose at least one parent passed away during Covid-19 pandemic (7<sup>th</sup> April 2020- 31<sup>st</sup> May 2020)

🌈 *Provide emotional and psychosocial support to children and adults during the COVID-19 outbreak through helpline support. Children under the age of 18 years who lost a parent during the Covid-19 pandemic were given crisis counselling sessions along with referring them to the local NGO's who could full fill their back necessities.*

- Aplus Holidays & Travels | Organisational Psychology Intern (May 19<sup>th</sup> 2019- September 19<sup>th</sup> 2019) New Delhi, India

- *Catered to all the employees of the firm to improve the overall work environment, including the performance, communication, professional satisfaction, and personal problems. Individual sessions were taken with the employees on a weekly basis; any concerns or queries were resolved with the involvement of higher management.*
- Psychowellness Center| Clinical Psychology Intern (Feb 15<sup>th</sup> 2020 to March 15<sup>th</sup> 2020)  
New Delhi, India
  - *Conducted case history and mental status examination of patients along with counselling the family members. Psychodiagnostic tools were applied on the patients and psychotherapeutic interventions were observed.*
- All India Institute of Medical sciences (AIIMS) | Clinical Psychology Intern (1<sup>st</sup> September 2017 to 30<sup>th</sup> September 2017) New Delhi, India
  - 🚦 *Observing patients in the Department of Psychiatry and Psychology. Conducting case history work up and counselling patients in the in-patient ward with wide range of psychological problems like depression, anxiety, physical and sexual traumas, substance abuse and psychotic disorders.*
- The Sir Ganga Ram Institute for Post-Graduate Medical Education and Research| Clinical Psychology Intern (7<sup>th</sup> June 2017 to 6<sup>th</sup> July 2017) New Delhi, India
  - 🚦 *Observation and comprehensive diagnosis through case history taking, mental status examination and psychological assessments of children in the Department of Paediatrics. Parents were psychoeducated and counselled about their child's illness, prognosis, and treatment plan.*
- Fortis Hospital| Clinical Psychology Intern (10<sup>th</sup> December 2016- 10<sup>th</sup> January 2017)  
New Delhi, India
  - *Case reports taking, formulating diagnosis, and conducted assessments in out-patient and in-patient ward. Observation of psychotherapy of both child and adult patients along with their assessments was carried out.*

## ***Research Thesis Completed***

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- Mahatma Gandhi University of Medical Sciences and Technology, 2023  
*'Exploring the psychosocial and Mental health factors along with experiential aspects among gays, lesbians, and transgenders'*
- Amity Institute of Psychology & Allied Sciences, 2020  
*'Loneliness as a predictor of depression and aggression in youth with and without siblings'*

- Delhi University, 2018

*'A study to investigate the co-morbidity of psychological disorders in students with a learning disability'*

### ***Paper Presentations***

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- 50<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologists (50<sup>th</sup> NACIACP 2024)- Paper presented Titled '*Exploring the experiential aspects among Gays, Lesbians and Transgenders in India*'.
- 49<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologists (49<sup>th</sup> NACIACP 2023)- Paper presented Titled '*Exploring the Psychosocial and Mental Health Factors among Gays, Lesbians and Transgenders in India*'.
- 57th National and 26th International Conference of Indian Academy of Applied Psychology (IAAP) - Paper presentation Titled '*Loneliness as a predictor of depression and aggression in youth with and without siblings.*'
- Paper titled '*Psycho-social setbacks among aged people*' in the 3<sup>rd</sup> International and 5<sup>th</sup> Indian Psychological Science Congress, organised by National Association of Psychological Science, Chandigarh- India.

### ***Awards***

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Best Paper Award for *Exploring the experiential aspects among Gays, Lesbians and Transgenders in India*' at the 50<sup>th</sup> National Annual Conference of Indian Association (IACP) of Clinical Psychologists 2024

### ***Trainings and Certifications***

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- Participation in contemporary trends in psychotherapy: Mindfulness Based Therapies and schema therapy organised by Medanta and Manav Rachna International Institute of Research and Studies from 26<sup>th</sup> April- 27<sup>th</sup> April 2025.
- Training in 'Trauma-informed approach to psychological interventions' conducted by Syam K. Ravindran, CORE | April 2024.

- Training in '*Attachment-Informed Psychotherapy Practice*' conducted by Dr. Priya Puri, chief clinical psychologist, & Founder of the Healing Space | February/March 2024.
- Course on '*Substance Use Disorders & Psychotherapeutic treatments*' by All About Psychology | August 2023.
- Certification in '*Trauma Informed Care to understand the need to have a trauma informed lens as a professional for treatment and diagnoses*' by YesMind | July 2023.
- Certification course in *Art Therapy* from Asha 'The Hope' Centre for Counselling and Therapy, affiliated to Indian Counsel for Professional Education Mission ICPEM, Registered with United Nations Org-Geneva (UNO) | August 2020
- Certification in '*Understanding and working with cases of domestic violence*' by COVID Response (Mind Piper, I Am and SOCHARA) | June 2020
- Delegate participation in Global Summit 2016 '*Enriching Skills for Health, Behaviour & Well-being in schools*' organised by Association of Indian School Counsellors and Allied Professionals (AISCAP), Moolchand Medcity, New Delhi | February 2016
- Contribution in National Seminar on '*Social Harmony and well-being: Issues & Challenges*' conducted by Department of Applied Psychology Sri Aurobindo College (University of Delhi) | March 2016
- *Summer Course in 'Social Psychology' and 'Clinical Psychology Case Studies'* from University of California, Berkeley, United States of America (USA)

## ***Volunteering***

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- Oro Foundation, New Delhi, India from 19<sup>th</sup> April to 15<sup>th</sup> July 2019
  - 🌈 *Career counselling of under privileged students in government schools in classes 10<sup>th</sup> and 12<sup>th</sup>. Assisting senior career counsellors in guiding parents from various economic backgrounds*
- Connecting Dreams Foundation (CDF) representing CDF Chapter at Sri Aurobindo College, Delhi University 2015-2016
  - 🌈 *Employment generation through rural empowerment of women and youth of villages in India*
- Member of 'Umeed- A Drop of Hope' (Membership number: UD/16/3551)
- Delivering the Spoken English Programme Teach India Opening Jobs organised by The Times Group and trained by British Council (Winter cycle of 2016)

## ***Areas of Interest***

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- Women's mental health
- Domestic abuse and violence
- Substance abuse
- Childhood disorders
- Attachment focused therapies
- Mood and anxiety disorders
- Working with the LGBTQIA+ community
- Grief and loss
- Marital discord
- Personality disturbances

## ***Language Proficiency***

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- English
- Hindi
- Punjabi

## ***Skills***

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- Identification & diagnosis of psychopathology
- Detailed case workups & formulation of case reports
- Psychological Assessments
- Development & implementation of psychotherapeutic treatment plans as per the patient's needs, abilities, and behaviours
- Acting as a part of a multidisciplinary team and using problem solving skills
- Catering to a wide range of emotional and behavioural problems
- Conducting workshops and teaching students
- Therapeutic crisis intervention and psychological first aid
- Using statistical tools

## ***Declaration***

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I, Manyalal, hereby declare that the above-mentioned information is true and correct to the best of my beliefs. All details provided are genuine and to the best of my knowledge.