



NATASHA TEHLAN

📍 New Delhi 110043

☎ 9810697215

✉ tehlannatashaa@gmail.com

SUMMARY

Committed Clinical Psychologist with a distinguished understanding of diagnosis and treatment in the field. Talented at working with patients long-term and knowledgeable about various treatments. Successful at multitasking and solutions-oriented problem-solving. Adept at maintaining relationships with clients with expertise in mental health research and treatment. Highly skilled at diagnosing and educating patients on mental conditions. History of successful coordination between physicians and other healthcare providers in developing highly individualized treatment plans. Committed professional with several years of experience in academic landscape, including student evaluation and creative teaching methods implementation. Eager contributions to professional efforts to assist student development.

SKILLS

- Case Formulation
 - Solution-Focused Brief Therapy
 - Cognitive behavioral therapy
 - Anger Management
 - Depression Treatment
 - Anxiety Disorder Treatment
 - Clinical Documentation
 - Child and Adolescent Therapy
 - Psychological Assessment
 - Psychotherapy Techniques
 - Counseling
 - Presentations
 - Excellent Communication
 - Treatment Planning
 - Report Writing
 - Client Interviewing
 - Relationship Building
 - Adaptability and Flexibility
 - Patient Screening
 - Consultations
 - Research proficiency
 - Obsessive-Compulsive Disorder Treatment
 - Behavior Modification
-

EXPERIENCE

CONSULTANT CLINICAL PSYCHOLOGIST, 09/2024 – Current

Tulasi Healthcare, Gurgaon

- Conducted assessments, diagnosis and treatment of mental health issues for individuals and families.
- Maintained accurate records of client progress notes, diagnostic impressions and treatment plans in accordance with professional standards.
- Facilitated psychoeducational groups focusing on topics such as stress management, anger control, parenting skills and healthy relationships.
- Actively participated in case conferences or interdisciplinary team meetings to discuss complex cases involving multiple service providers.
- Collaborated with other professionals such as psychiatrists, primary care physicians, social workers and teachers to provide comprehensive care to clients.
- Provided crisis management services for clients experiencing acute distress or psychiatric emergencies.
- Reviewed medical records to obtain pertinent information about client history prior to assessment.
- Monitored client progress through regular reviews of assessment data and feedback from clients and other professionals involved in treatment planning.
- Talked with family members during period when patients could not self-advocate.
- Met with patients and provided diagnoses and consultations.

CLINICAL PSYCHOLOGY EXTERN, 10/2022 – 08/2024

Sri Aurobindo Hospital, Indore

- Monitored client progress through interviews, surveys and observations.
- Collaborated with medical teams in the hospital setting to provide comprehensive care for critically ill patients suffering from psychiatric conditions.
- Conducted individual and family psychotherapy sessions with adults, adolescents and children.
- Provided emotional support and guidance to individuals experiencing grief or loss due to traumatic events.
- Assisted in the administration of psychological assessments including IQ tests and personality inventories.
- Developed treatment plans for mental health disorders based on psychological evaluations.
- Maintained accurate records of patient information such as diagnosis, treatments, progress notes and discharge summaries.
- Prepared comprehensive psychological reports and presented findings to supervising psychologists.
- Provided individual, couple and family therapy sessions under the supervision of licensed psychologists.
- Engaged in research projects, including data collection and analysis.
- Conducted intake interviews with clients and completed required clinical documentation.
- Completed detailed documentation of sessions, patient notes and recommendations.
- Trained newly hired psychologists on clinic standards and procedures.

CLINICAL PSYCHOLOGY INTERN, 11/2019 – 02/2020

World Brain Centre Hospital

- Gained valuable insights by observing various diagnostic testing and therapy sessions, enhancing understanding of patient care processes and therapeutic approaches.
- Supported senior medical staff in providing high-quality care to patients, ensuring their comfort and addressing their concerns.
- Participated in training sessions and workshops to enhance my skills and knowledge.

CLINICAL PSYCHOLOGY INTERN, 05/2018 – 07/2018

Department of Mental Health, Max Hospital, Patparganj

- Gained valuable insights by observing various diagnostic testing and therapy sessions, enhancing understanding of patient care processes and therapeutic approaches.
- Learned about various diagnostic testing methods used for mentally ill patients, deepening knowledge in mental health care practices.

EDUCATION AND TRAINING	<hr/>	
		<i>Sri Aurobindo Institute of Medical Sciences, 08/2024</i> M.Phil. Clinical Psychology
		----- <i>Amity University, Gurgaon, 06/2022</i> Master of Science: Clinical Psychology
		----- <i>Amity University, Gurgaon, 07/2020</i> Bachelor of Science: Clinical Psychology

ACTIVITIES AND HONORS	<hr/>	
		<ul style="list-style-type: none">• Worked in the core team for the NACIACP 2024 Conference.• Volunteered mental health awareness campaigns, providing support and resources to individuals struggling with mental health issues.• Assisted in organizing workshops and support groups for individuals with mental health conditions, promoting community awareness and support.• Conducted independent research on various psychological topics• Presented research findings at psychology conferences and symposiums, sharing insights with the professional community.

