

# Saniya Shafi

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## ABOUT ME

- I seek a collaborative, challenging position in social work, ideally working with clients with special needs, requiring strong interpersonal skills and genuine love and respect for clients.

## INTERNSHIP

### IMHANS-K INTERNSHIP:

- Completed a clinical internship at IMHANS-K (June 6 – July 15, 2023), involving case analysis, group therapy observation, and supervised individual counseling.

### UNIPSY ACADEMY COUNCIL:

- Completed a 62-hours internship at Unipsy Academy Council (Feb 14 – Apr 24, 2023), gaining practical exposure in psychological services.

### WORKSHOPS PARTICIPATION:

- Participated in workshops across Delhi University colleges and attended the "Upskill the Skill Program" by Athena Behavioral Health (Feb 18, 2023).

### RAKSH FOUNDATION INTERNSHIP:

- Interned at Raksh Foundation (Feb 1 – May 16, 2023), focusing on community awareness, child literacy programs, and enrollment initiatives.

### WE AVEC U ORGANIZATION:

- Completed my internship at We Avec U Organization, Noida (Oct 3 – Oct 30, 2022).

### YOUNITY INTERNSHIP:

- Undertook a one-month internship at Younity (Jan 2022), learning psychological and career counseling techniques.

## PUBLICATIONS:

- Published Research: "Effect of Sleep Quality on General Health and Quality of Life," The International Journal of Indian Psychology, Special Issue of Volume 12, Issue 1, 2024, ISSN 2348-5396 (e), ISSN 2349-3429 (p)

## STRENGTH

- Empathetic • Active listener
- Critical thinker • Capacity to manage personal emotions and maintain composure in challenging situations
- Commitment to maintaining confidentiality, professional boundaries, and ethical practices in all client interactions.

## EDUCATION

### MASTER'S IN CLINICAL PSYCHOLOGY

- AMITY UNIVERSITY, UTTAR PRADESH -2024
- Percentage: 69.4%

### BACHELORS OF ARTS

- CLUSTER UNIVERSITY, SRINAGAR -2021
- Percentage: 72.60%

### 12TH FROM JAMMU AND KASHMIR STATE BOARD OF SCHOOL EDUCATION-2017

- Percentage: 67.4%

### 10TH FROM JAMMU AND KASHMIR STATE BOARD OF SCHOOL EDUCATION-2015

- Percentage: 74%

## SKILLS

- Counselling skills • Analysis skills
- Psychological testing • Research skills
- Observational skills • Diagnosis- expert
- Motivational skills • Report writing
- Case formulation
- Communication and listening skills
- Ethical understanding and behavior
- Neuro psychological testing

## HOBBIES

- Mindfulness and meditation
- Artistic pursuits
- Volunteering
- Reading and Continuing education interactions.