

Tanvi Arneja

CLINICAL PSYCHOLOGIST | A86079

👤 Profile

An empathetic, conscientious, experienced individual determined to adopt an ethical approach holistically. Adept at conducting psychological evaluations, and committed to serving ongoing support through diagnostic evaluation, creating custom treatment plans and providing psychotherapy to increase client awareness and foster emotional growth.

📁 Employment History

Clinical Psychologist at Tulasi Healthcare , Gurgaon

September 2022 — November 2024

Worked in inpatient and outpatient department and undertook **comprehensive case histories**, psychological assessments, and assisted in diagnosis and treatment planning for patients with various psychiatric disorders.

Provided **individual and group therapy** sessions for patients with - **schizophrenia, bipolar disorder, major depressive disorder, anxiety disorders, and personality disorders.**

Worked with and conducted **therapy for patients with various addictions**, including substance use disorders (alcohol, drugs) and behavioral addictions.

Administered evidence-based therapies, including, **Motivational Enhancement Therapy (MET) , Cognitive Behavioral Therapy (CBT) Exposure Therapy, Behavior Therapy, Social Skills Training**

Observed and worked with **intensive cases of severe psychiatric disorders**, including treatment-resistant depression, psychosis, and dual diagnosis cases.

Delivered **case presentations** to multidisciplinary teams, contributing to treatment discussions and patient care strategies.

Conducted **psycho education sessions for families**, helping them understand mental health conditions, treatment approaches, and coping strategies to support their loved ones.

Observed and gained insights into **Electroconvulsive Therapy (ECT) procedures**, understanding their indications, effects, and patient response.

Delivered **mental health awareness seminars and educational videos** on various topics as such women's sexual health, signs and symptoms of various disorders, promoting psychological well-being within the community.

Facilitated **workshops for students** at GD Goenka university enhancing mental health literacy and resilience-building strategies.

Details

New Delhi

India

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Nationality

Indian

Skills

Effective Time Management

Ability to Work in a Team

Communication Skills

Client Assessment and Analysis

Ethical Skills

Psychological Theory and Practice

Hobbies

Travelling, Reading,
Photography, Dance

Languages

English

Hindi

Collaborated closely with **psychiatrists and mental health professionals**, ensuring holistic patient care and treatment coordination.

Child Psychologist at Mom's Belief, Gurgaon

May 2019 — July 2020

Involved in recording case histories, conducting assessments, preparing reports, individualized education plan and creating innovative resources

Intern at Medanta- The Medicity, Gurgaon

January 2018 — March 2018

Recorded case histories, conducted psycho diagnostic assessments, observed psychotherapy sessions and in patient ward rounds

Intern at Pallavanjali School, Gurgaon

July 2017 — July 2017

Worked in collaboration with the special educator for specially abled children

Intern at Fortis Hospital, Gurgaon

August 2016 — October 2016

Learned how to make case reports, observed psycho diagnostic assessments, counseling sessions and sessions with art therapists

Education

M.phil Clinical Psychology, SGT University, Gurgaon

2020 — 2022

Secured 1st Rank, gold medalist

Research Interest:

Dissertation on "Early Childhood Adversity and Anxiety among young adults, exploring the mediating role of Emotion Regulation, Self Concept Clarity and Experiential Avoidance."

Masters in Clinical Psychology, Amity University, Noida

2017 — 2019

Research Interest:

Dissertation on "Effect of attitude towards aging and loneliness on quality of life of the elderly."

B.A Psychology (Honors), Kamala Nehru College, Delhi University, Delhi

2014 — 2017

Secured first division