






SEJAL JAIN

CLINICAL PSYCHOLOGIST

25 Years | Female

CONTACT

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-  New Delhi

D.O.B 5th July, 2000

EDUCATION

M. Phil. Clinical Psychology (2 years)
Mahatma Gandhi Medical College and Hospital, Jaipur (2023-2025)

MSc. Clinical Psychology (2 years)
Christ University (2021-2023)

BA (H) Psychology (3 years)
GD Goenka University (2018-2021)

- Gold medalist in Psychology

LANGUAGE

- English
- Hindi

POPULATION

- Young adults
- Children
- Adolescents
- Geriatric (old age)
- Middle age
- Queer

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PROFESSIONAL PROFILE

I am a Clinical Psychologist with a strong foundation in psychological assessment, diagnosis, and evidence-based therapeutic interventions. With a deep commitment to promoting mental health and emotional well-being, I bring extensive experience in working with diverse populations across various clinical settings, including hospitals, outpatient clinics, and private practice. My core competencies include cognitive behavioral therapy (CBT), trauma-informed care and treatment planning for individuals experiencing anxiety, depression, trauma, and other mental health illnesses across all age groups, genders and queer identities. I am skilled in conducting comprehensive psychological assessments, formulating accurate diagnoses, and developing individualized, client-centered treatment plans. I am also experienced in collaborating with multidisciplinary teams, maintaining clinical documentation, and adhering to ethical standards of practice. My approach is grounded in empathy, cultural sensitivity, and a commitment to ongoing professional development.

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EXPERIENCE

1. Mahatma Gandhi Medical College and Hospital
2. Dr. Ram Manohar Lohia Hospital, New Delhi
3. Jagruti Rehabilitation Center, Gurugram
4. Tulasi Healthcare, Gurugram
5. Yashoda Hospital, Kaushambi, Ghaziabad
6. 1 Wellness Clinic, Gurugram
7. Reconnect Neuropsychiatry and Child guidance clinic
8. Fortis Hospital, Gurgaon
9. Udai - School for special children

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EXPERTISE

1. Trauma Informed Care
2. Corporate Stress and Burnout Management
3. Grief and Loss Counselling
4. Anxiety and Mood Disorders
5. Couple and Family Therapy
6. Substance Use Disorders
7. Adjustments and Life Transitions
8. Self-esteem and Identity Development
9. Leadership Coaching and Emotional Intelligence
10. Crisis Intervention and Risk Assessment for self-harm/suicide
11. Assessment, Diagnosis and Treatment of mental health disorders

CLINICAL AND THERAPEUTIC SKILLS

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Exposure and Response Prevention (ERP)
- Trauma-Focused Interventions
- Behavioral Therapy
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Narrative Exposure Therapy (NET)
- Interpersonal and Social Rhythm Therapy (IPSRT)
- Mindfulness-Based Approaches
- Queer affirmed therapies
- Couple/Marital and Family therapy
- Group Therapy
- Grief Therapy
- Schema Focused Therapy
- Habit Reversal Training
- Social Skills Training
- Motivational Enhancement Therapy
- Child and Adolescent Therapy

Disorders Treated: Obsessive Compulsive Disorders, Generalised Anxiety Disorders, Phobia, Panic Disorder, Depression, Bipolar Disorder, Dissociative disorders, Post Traumatic Stress Disorder (PTSD), Hypochondriasis, Conduct Disorder, Selective Mutism, Child Sexual Abuse (CSA), Attention Deficit Hyperactivity Disorder (ADHD), Gender Identity Disorder, Body Dysmorphic Disorder, Borderline Personality Disorder, Substance Use Disorders, TICS, Trichotillomania, Anxious Avoidant Personality Disorder, OCPD, Suicidal and Self-Harm cases, etc.

PSYCHOLOGICAL ASSESSMENTS

- **IQ Assessments:** MISIC, VSMS, DST, GDT, SFBT, Bhatia Battery of Intelligence, RSPM, BKT
- **Personality and Projective Tests:** Rorschach Ink Blot Test, Thematic Apperception Test, Sack's Sentence Completion Test, Millon Clinical Multiaxial Inventory, Draw A Person Test, Child Self-Report and Projective Inventory, Minnesota Multiphasic Personality Inventory, 16 PF, Temperament and Character Inventory
- **Rating Scales of Mental Illnesses:** BDI, BAI, HAM-A, HAM-D, YMRS, PANSS, BPRS, YBOCS, DES, CBCL, CARS, AUDIT, etc.
- **Neuropsychological Batteries:** PGI BBD, BGT, PGIMS, Luria-Nebraska Neuropsychological Battery, AIIMS Neuropsychological Battery, NIMHANS Neuropsychological Battery.

CLINICAL RESEARCH

- Vape Dependency: Exploring the addiction mechanism
- Sexual abuse and mental health disorders