

# Palak Talwar

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## PROFESSIONAL SUMMARY

Dedicated and compassionate Rehabilitation Psychologist, eager to work with an organization for helping people overcome emotional, cognitive and behavioral challenges through client-centered practices. Skilled in psychological assessments, psychological interventions and interdisciplinary collaboration. Also to expand my knowledge in various psychological topics, learn new skills and connect it with day to day life.

## EDUCATION

### National Institute for the Empowerment of Persons with Visual Disabilities (NIEPVD) | 2024

- M.Phil Rehabilitation Psychology (2<sup>nd</sup> Year – Result Awaited)  
(Thesis submitted on “Attachment Styles, Alcohol Expectancies and Meta-cognitive Beliefs in Young Adults using Alcohol”)
- (1st Year) Percentage - 73%

### Amity University, Haryana | 2022

- Master’s of Science in Clinical Psychology CGPA-8.54  
(Research conducted on “Fear of Negative Evaluation and Perfectionism in Young Adults”)

### Amity University, Haryana | 2020

- Major- Bachelor’s of Science in Clinical Psychology CGPA-8.68  
(Research conducted on “Difference in Emotional Intelligence Among Psychology & Non-Psychology College Students”)
- Minor- Dietetics and Nutrition

## EXPERIENCE (Training & Internships)

### Training Experience:

- Two years of extensive experience at NIEPVD, Dehradun, in psychological assessment and providing therapeutic interventions. Experience in dealing with various disorders such as Depression, Anxiety disorders, Obsessive compulsive disorder, Substance abuse

disorder, Autism Spectrum Disorder and other mental health disorders.

- Comprehensive clinical experience and trained in various psychotherapeutic interventions such as CBT, DBT, ACT, BT, Motivational Interviewing, Marital therapy and mindful-based relaxation techniques. Experience in marital therapy and facilitating family-based interventions.
- Gained experience at Early Intervention Centre. Core work involved: screening through assessment and evaluation of children between 0 to 5 years for any specific developmental disabilities and providing psycho-education. Acquired knowledge in occupational therapy, physiotherapy and special education.
- Gained practical experience in the Training Centre for Accidental or Adult Blind (TCAB) by working with blind and low-vision individuals residing at NIEPVD, aimed at resolving emotional turmoil, building healthy coping strategies and promoting long-term positive behavioral outcomes.
- Conducted Community Rehabilitation Programs through different camps including: Dehradun District Jail, Disability Screening & certification camps at hospitals, Disability Screening camps at Government schools for children), aimed promoting mental health and providing support.
- Facilitated Parent Sensitization Program through workshops, to address developmental and mental health concerns in children.

### **Internships:**

Manipal Hospital, Bengaluru	February- March 2022
Citizen Hospital & De-addiction Center	October- November 2021
Synergy Institute of Medical Sciences, Dehradun	July- August 2021
California Hypnosis Institute, Gurgaon	May- July 2021
Shri Guru Ram Rai Institute of Medical & Health Sciences, Dehradun	May- July 2019
Gramya Mahila Kalyan Sansthan, Dehradun	May- July 2019
Shri Guru Ram Rai Institute of Medical & Health Sciences, Dehradun	May- July 2018

### **SKILLS**

- Psychological Testing and Assessment.
- Neuropsychological testing and evaluation.
- Diagnosis and Personalized treatment planning
- Psychotherapeutic Interventions and Counseling
- Knowledge of Disability rights and accommodations.

- Multidisciplinary collaboration
- Adept at working with diverse populations while adhering to ethical standards.
- Inter-personal and Communication Skills, approachable, and open to feedback.
- A keen learner with the ability to learn new knowledge with ease.

## **ACHIEVEMENTS**

- Certificate of Behavioral Science Course 2020-2022, AIBAS, Amity University
- Certificate for Foreign Language Course in Spanish, Amity School of Languages.
- Certificate of English and Communication Skills Course 2020-2022.
- Certificate of minor in Dietetics & Nutrition.
- Certificate of participation in Flagship event of Beti 3.0 and a Medal by HRDS, India.

## **WORKSHOP AND CONFERENCES**

- 1-day National Conference, Addressing student suicides in High-Pressure Coaching Centres: Prevention and Intervention at NIEPVD, Dehradun, Uttarakhand in 2024.
- Certificate of Participation in the RCI CRE 3rd National Annual Conference of the Society of Addiction Psychology on the theme "Breaking the Chains: Innovative Approaches in Addiction Psychology" held on June 21-22, 2024, organized by the Department of Clinical and Rehabilitation Psychology and Research, National Institute for the Empowerment of Persons with Visual Disabilities (Divyangjan), Dehradun.
- Certificate of Membership in SAAKAR- Youth Social Responsibility from 01/08/17 to 01/03/20.
- Certificate of attendance of Mental Health Fiesta 2019, organized by Mental Health Foundation (India) in association with Department of Psychiatry, All India Institute of Medical Sciences, New Delhi.
- Certificate of Participation in Global HR Congress 2018, A Multidisciplinary Approach towards Organizational Excellence Workshop on Optimism Index held on April 06, 2018 at Amity University Haryana.

## **LANGUAGES**

English (Fluent), Hindi (Fluent), Punjabi (Fluent)