



# Mohd Umar Khan

Clinical Psychologist

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## 👤 PROFILE

Clinical Psychologist employing integrative therapy within an existential framework, utilizing techniques and ideas from diverse approaches. Primarily focused on process factors and establishing sound therapeutic alliances. Skilled in conducting a wide range of psychological assessments, with particular expertise in projective tests such as the Thematic Apperception Test (TAT) and Rorschach. Experienced in applying evidence-based practices like CBT, DBT, and Schema Therapy to complement existential approaches. Committed to understanding each client's unique lived experience and crafting individualized therapeutic approaches tailored to specific contexts and needs. Passionate about teaching and mentoring aspiring psychologists, dedicated to fostering critical thinking and professional growth in academic settings.

## 🎓 EDUCATION

2016 – 2019 New Delhi, India	<b>BA (H) Psychology</b> Jamia Millia Islamia
2019 – 2021 New Delhi, India	<b>Masters in Applied Psychology</b> Jamia Millia Islamia
2021 – 2023 Bengaluru, India	<b>MPhil in Clinical Psychology</b> National Institute of Mental Health and Neurosciences (NIMHANS)

## 🧩 PROFESSIONAL DEVELOPMENT

05/2017 – 06/2017 New Delhi, India	<b>Intern</b> Child development and Adolescent Healthcare Centre, Moolchand Medcity <ul style="list-style-type: none"><li>• Observed case history intake, play therapy, special education sessions, occupational therapy and speech therapy sessions.</li><li>• Attended lectures on topics like case history taking, MSE, play therapy, and assessments etc.</li></ul>
07/2017 New Delhi, India	<b>Seminar: Cognitive Behavioural Approach with Couples &amp; Families</b> Expressions india An interactive seminar highlighting the basic tenets and practice in couples and family therapy using cognitive behavioural therapy.
01/2018 New Delhi, India	<b>Intern</b> Fortis Escorts <ul style="list-style-type: none"><li>• Observed psychiatric interviews and psychotherapy sessions</li></ul>

- Conducted intake interviews, provided brief counselling under supervision
- One-to-one discussions about counselling sessions with clinical supervisor

01/2019  
New Delhi, India

**Intern at Nav Kiran Halfway/Long stay Home**

Department of Social Welfare, Govt of NCT of Delhi

- Attended lectures and hands-on training in Clinical case history taking, MSE, and psychological assessments (rating scales, projective tests, cognitive assessments, etc.)
- Conducted individual and group therapy sessions
- Regularly conducted psychiatric interviews and MSE
- Administered rating scales
- Attended legal proceedings of patients at the halfway home

03/2019

**Workshop: Designing Behaviour Change interventions**

Department of Psychology, Jamia Millia Islamia

A pre-conference workshop discussing various facets and steps of planning behaviour change interventions

03/2019  
New Delhi, India

**International Conference on Prospects and Future of Health and Wellbeing**

Department of Psychology, Jamia Millia Islamia

- Two-day conference involving multiple lectures spanning a broad array of topics.
- Documentary screening on Faith Healing followed by an interactive discussion

09/2019  
New Delhi, India

**Workshop: Barefoot Basic Counselling Skills**

Sanjivini Society for Mental Health

An interactive 3 days workshop aimed at teaching layperson especially school teachers about basic counselling skills

02/2020 – 03/2020  
New Delhi, India

**Internship Program on Neuroscience Research**

Youth for Mental Health

- Introduction to neuroimaging research with extensive focus on functional magnetic resonance imaging (fMRI)
- Hands on training by selecting a topic of interest in the field of psychology and conducting a meta-analysis on secondary fMRI data using gingerALE and MRICron softwares.
- Scientific report submission on the meta-analysis.

05/2020  
online

**3 day online workshop on Rorschach Ink-blot test**

Department of Mental Health and Behavioural Sciences, Fortis Healthcare

3 lectures on theoretical foundations of Rorschach Inkblot test, administration, and scoring using Exner system.

06/2020  
online

**Behavioural Psychology**

Psy Tara

Series of lectures mainly focusing on Behavioural Psychology including case discussions.

06/2020 online	<b>Clinical Psychology Internship</b> Centre for Wellness and Psychological Research <ul style="list-style-type: none"> <li>• Series of lectures on case history taking, MSE, projective testing, counselling skills, CBT, and ERP.</li> <li>• The lectures were followed by roleplay sessions.</li> </ul>
07/2020 online	<b>50 hours Clinical Psychology Internship</b> Department of Mental Health and Behavioural Sciences, Fortis Healthcare <ul style="list-style-type: none"> <li>• Series of lectures on topics like psychiatric diagnoses, therapeutic alliance, CBT, third wave psychotherapy, and other psychotherapy approaches.</li> <li>• Each lecture was followed by an assignment on the respective topic.</li> <li>• An exam was conducted, as a requirement for course completion, to evaluate understanding of the concepts</li> </ul>
07/2020 online	<b>1 day online training on Cognitive Behavioural Therapy</b> Brain Behaviour Research Foundation of India One day online training focused on foundations, techniques, applications, and current status of cognitive behavioural therapy.
08/2020 online	<b>One month summer internship</b> Unbottle Emotions <ul style="list-style-type: none"> <li>• 45 hours internship aimed at diversifying the approach towards understanding psychology and Social Emotional Learning in marginalised communities</li> <li>• Interactive sessions on themes of Caste, Religion &amp; Politics, Mental Health Law &amp; Policy, Ethical Considerations in the field of Psychology and Gender and its Dimensions</li> <li>• Personal growth projects like Dear Data and Mindfulness &amp; Movement</li> </ul>
06/2020 – 08/2020 online	<b>Volunteer</b> Teach for India <ul style="list-style-type: none"> <li>• Worked at GGSSS, Railway Colony, New Delhi</li> <li>• Assisted TFI fellows in conducting online classes for underprivileged students</li> <li>• Ensuring that education of these students is not hampered due to lack of regular schooling during lockdown</li> </ul>
09/2024 online	<b>Facilitator</b> Woxsen University 1 day online workshop on basics of Rorschach Inkblot Test for Bachelor's students in Dept of Psychology, Woxsen University.

## WORK EXPERIENCE

08/2021 – 08/2023 Bengaluru, India	<b>Clinical Training</b> NIMHANS <ul style="list-style-type: none"> <li>• Trained in conducting clinical interviews, diagnosis, psychological assessments &amp; evidence-based psychotherapeutic interventions for patients with a wide</li> </ul>
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range of psychiatric disorders in collaboration with multidisciplinary teams.

- Posted in varied units - three Adult Psychiatry Units, Behavioral Medicine Unit, Community Mental Health, Centre for Addiction Medicine, Department of Neurorehabilitation, Psychiatric Rehabilitation Services, Family Therapy, Neuropsychology unit and Child and Adolescent Psychiatry.
- Administered standardized psychological tests: Personality assessments, Projective tests (RIBT, TAT, OST, etc.), Neuropsychological assessments, Intelligence tests, Screenings and Rating Scales.
- Actively participated in professional development activities such as Journal clubs, Seminars, and structured case conferences under supervision of experienced faculty.
- Dissertation titled *Role of insight, expectations and therapeutic alliance in client perceived change in brief psychotherapy*.

08/2023 – present  
New Delhi

### **Private Practice**

Clinical Psychologist

- Conducting psychotherapy sessions with clients of different backgrounds. In my practice I adopt an integrative therapy approach within an existential framework.
- Supervising novice counsellors in their therapy sessions.
- Conducted two Internship programs

11/2023

### **Facilitator**

Internship program: Therapeutic Insights

- Conducted five interactive lectures of two hours each
- Topics covered: Psychiatric interview, therapy intake & rapport formation, Psychodynamic therapy, humanistic-existential approach, psychopathology formulation

04/2024

### **Facilitator**

Projective and Evaluative Tests

- Conducted 4 lectures of two hours each
- Topics covered: Thematic Apperception Test, Rorschach Inkblot Test

07/2024 – present

### **Consultant Clinical Psychologist**

Ummeed Deaddiction and Rehab Centre

- Weekly clinical supervision sessions for the psychologists at the rehab centre
- Checking and signing reports of psychological assessments



## **SKILLS**

### **Psychotherapy**

Integrative therapy within an existential framework

### **Teaching**

Integration of theoretical knowledge and its clinical implications

### **Assessment**

Rating scales, cognitive, projective, and neuropsychology tests

### **Research**

Planning, designing, and conducting research

### **Diagnosis**

Clinical case history and use of psychological assessments to reach a diagnosis

### **Software Skills**

SPSS, R, and Atlas.ti

## CERTIFICATES & LICENSES

2020	<b>National Eligibility Test</b> University Grants Commission (UGC)
2021	<b>GATE</b> IIT Bombay <b>All India Rank 1</b> (XH - Psychology)
2024	<b>Clinical Psychologist</b> Rehabilitation Council of India <b>CRR NO. A101499</b>

## COURSES

**Psychological First Aid**  
John Hopkins University, Coursera

## CO-CURRICULAR ACTIVITIES

10/2017	<b>Volunteer</b> Talimi Mela programm
10/2017	<b>Street Play</b> Vigilance Awareness Week, Jamia Millia Islamia
2018 – 2019	<b>Class representative</b> BA (H) Psychology, Jamia Millia Islamia
2019 – 2020	<b>General Secretary</b> Department of Psychology, Jamia Millia Islamia
03/2019	<b>Organising committee member</b> International Conference on "Prospects and Future of Health and Wellbeing", Jamia Millia Islamia
2020 – 2021	<b>Vice-president</b> Department of Psychology, Jamia Millia Islamia
2021 – 2023	<b>Class representative</b> MPhil, NIMHANS

## LANGUAGES

English



HIndi/Urdu

