

# TANYA MATHUR

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## Professional Summary

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Compassionate and client-centered professional polished in identifying potential disorders in clients and developing successful treatment plans and therapeutic processes. Accommodating and warm individual possessing strong observational skills and in-depth understanding of human behavior. Offering comprehensive background conducting psychological tests, interviewing patients and monitoring patient progress.

## Skills

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- Clinical Interviewing
- Family Therapy
- Behavior Analysis and modification
- Research and reviewing
- CBT, DBT, Mindfulness
- Cognition Assessment and intervention
- Diagnosis and Evaluations
- Active Listening
- Microsoft PowerPoint
- SPSS software

## Work History

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### Licensed Clinical Psychologist

04/2023 to Current

#### Physician Oasis Health – New Delhi

- Offered individual outpatient therapy to clients of all age with wide range of psychological problems.
- Provided psychotherapy incorporating cognitive-behavioral, client-centered and dialectical behavioral therapy to treat wide range of psychological problems in patients.
- Conducted psychometric assessments such as Vanderbilt Assessment Scale, NIMHANS neuropsychological battery with children and NORC DSM-IV Screen for Gambling Problems.
- Wrote reports on clients and maintained required paperwork.
- Organized workshops and presentation on Gaming Disorder and Cyberbullying in French Embassy School.
- Supervised interns of graduation and post graduation and trained them to conduct interviewing with clients and perform assessments.

### Clinical Psychology Trainee

11/2020 to 01/2023

#### King George's Medical University – Lucknow, Uttar Pradesh

- Performed intake by conducting interviews to establish key information as well as assessing patients' apparent mental state.
- Observed clinical psychology staff and attended 400 hours of supervision in therapy and

around 200 psychometric assessment to develop practical knowledge and abilities.

- Assisted licensed practitioners in diagnosis and treatment of psychiatric conditions such as OCD, Depression, Anxiety, Gender Dysphoria, Bipolar and Personality disorders.
- Wrote reports on clients and maintained required paperwork.
- Performed psychometric assessments for IQ (VSMS, GDT, SFBT, DST, MISIC, WISC, WAIS, SPM, CPM), Personality (MCMI-3, 16 PF, NEO-PI, SSCT, TAT, DAPT, HTP, RORSCHACH INKBLOT TEST), neuropsychological assessment (NIMHANS battery [child & adult], PGI-BBD, WMS, Addenbrooke's Cognitive Examination) and others (ISAA, VANDERBILT, CBCL, DPCL, Gender Dysphoria Rating Scale, YMRC, PANSS, HAM-D, HAM-A, BDI, Beck Suicide Intent Scale, Y-BOCS, D-YBOCS, CY-BOCS, NIMHANS SLD Battery).
- Assisted in other departments such as Pain Clinic of Oncology, Geriatric Dept, Neurology Dept and community posting.

### **Clinical Psychology Intern**

06/2018 to 08/2018

#### **Mental Health Clinic Centre – New Delhi**

- Collected information about individuals or clients using interviews, observational techniques and other assessment methods.
- Assisted clients with gaining insights, establishing clear goals and planning strategies to reach personal targets.
- Administered, scored and interpreted psychosocial examinations for assessment of different patient markers.
- Tests administered were NIMHANS SLD battery, MISIC, BKT, VSMS, and Bhatia's Battery.
- Critically analyzed and interpreted reports across many healthcare domains.
- Assisted in organizing workshops and research paper writing.

### **Clinical Psychology Intern**

05/2017 to 06/2017

#### **Fortis Hospital – New Delhi**

- Observed clinical psychology staff and attended 100 hours of supervision to develop practical knowledge and abilities.
- Observed intake of interviews to establish key information as well as assessing patients' apparent mental state.
- Leverages excellent oral and written communication skills to interact professionally with staff and clients.

### **Clinical Psychology Intern**

06/2016 to 07/2016

#### **Fortis Hospital – New Delhi**

- Observed clinical psychology staff and attended 100 hours of supervision.
- Observed intake interviews, psychometric assessments of children and adults.
- Remained energetic and demonstrated passion for helping clients by applying active listening.

## **Education**

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**Master of Philosophy:** Clinical Psychology

01/2023

**King George's Medical University** - Lucknow, Uttar Pradesh

- Dissertation: To study bayesian learning and decision making in adult patients with OCD and their first-degree relatives.

**Master of Arts:** Applied Psychology (Specialization in Clinical)

08/2020

**Gautam Buddha University** - Greater Noida, Uttar Pradesh

- Thesis Paper: Effect of Adverse Childhood Experiences on attachment style in relations to emotion regulation and suicidal ideation.

**Bachelor of Arts:** Applied Psychology

07/2018

**Amity University** - Noida, Uttar Pradesh

- Thesis Paper: To study the effect of work engagement on quality of life.

## Hobbies


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In my leisure time, I engage in a diverse range of hobbies that nourish my mind, body, and soul. Immersing myself in the world of literature through reading books. The outdoors beckon me, as I relish the joy of outdoor activities that revitalize my spirit and keep me connected to nature's beauty. I love cooking also, it is like stress buster for me and a mindful activity which soothes my taste-buds as well as my soul. Yoga and meditation form an integral part of my routine, helping me find balance amidst life's hustle. Altogether, these hobbies reflect my passion for holistic well-being, intellectual growth, and zest for embracing life's wonders.


## Languages

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**Hindi**

 Upper intermediate (B2)

**English**

 Upper intermediate (B2)