

# SABANA YASHMI

## SUMMARY

Expertise in assessing, diagnosing, and developing care plans for emotional, behavioral, and psychological disorders.

## EXPERIENCE

**Bhumi, 04/2016 - 08/2016**  
**Mentor - Bangalore**

- Facilitated activities and discussions to promote self reflection and personal growth.
- Assisted with teaching children life skills.

**Associate of People for Action & Rehabilitation**  
**Internship - Noida**

- Gained insight into optimal client interactions by observing therapy sessions of licensed professionals.
- Engaged in community outreach efforts aimed at increasing awareness of mental issues and reducing stigma.

**Rampurhat Medical Hospital**  
**Internship - Rampurhat, WB**

- Facilitated administration and scoring of diagnostic tests.
- Observed and documented client behaviors during sessions.

## EDUCATION AND TRAINING

**Master of Philosophy, Clinical Psychology, 11/2024**  
**Institute of Psychiatry - Kolkata, West Bengal**

- **Thesis or Dissertation Title:** A study on role of attitude towards fertility, coping and personality trait on marital quality of married women with Polycystic ovarian syndrome (PCOS).
- applications of psycho diagnostic tools, case conceptualizations, formulating management plan for therapy.

**Diploma in Counseling and Integrated Therapies, 08/2022**  
**Inpsyche- The Inside Key - Delhi**

- Case history taking and principles of psychotherapeutic techniques

**Master of Arts, Applied Psychology, 07/2019 Amity University - Noida, UP**

- **Projects and Research:** A study on the quality of life and subjective happiness of final year male and female university students- comparative study.

**Bachelor of Arts, Psychology, Journalism and Women Studies, 06/2015**  
**Indian Institute of Psychology and Research - Bangalore**

- **Projects and Research:**  
Study on Contemporary Abuse and Victimization of Townswomen owing their preferred Gender Identity and Psychological Implication.
- A Study on the Social Maturity of the children using the Vinland Social maturity scale.



## **CONTACT**

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## **SKILLS**

- Patient Screening
- Behavior Analysis
- Psychological Testing
- Crisis Intervention
- Treatment Programs
- Psychotherapeutic skills

## **LANGUAGES**

**Bengali:** First Language

**English:** Proficient

**Hindi:** Proficient