

Mohith Rahul L.

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📍 #2021, Anugraha, 4th B Block, BDA Layout, Vrushabhavathi Nagar,
Ganigarapalya, Bengaluru- 560062



Profile

An aspiring Clinical Psychologist with an M.Phil in Clinical Psychology skilled in psychological assessments and committed to offering an empathetic approach to providing individualized care. Eager to contribute to a collaborative, client-focused organization that upholds ethical standards in mental health practice. Committed to continuous learning and professional development, with a goal of supporting the mental well-being of diverse client populations.

Education

- **Master of Philosophy in Clinical Psychology - Kateel Ashok Pai Memorial institute of Allied Health Sciences)**
2022 - 2024
- **Master of Science in Clinical Psychology - Christ (Deemed to be University)**
CGPA - 7.47
2020 - 2022
- **Bachelor's of Arts in Psychology, Journalism and Optional English - Indian Institute of Psychology and Research**
GPA - 7.84
2017 - 2020

Internships

Gained experience in key aspects of clinical psychology, including observership, conducting clinical interviews, and performing psychological assessments. Assisted clients with therapeutic tasks under the supervision of consultants and monitored progress throughout therapy. Contributed in case discussions with psychiatrists and clinical psychologists, on psychopathology, assessments, and treatment planning

- **Cadabam's Rehabilitation Centre, Cadabams Mental Health Care Services Pvt Ltd., Bengaluru**
August 2021- November 2021
- **Spandana Nursing Home, Bengaluru**
February 2022- April 2022
- **Ramaiah Medical College, Bengaluru**
May 2022- June 2022



Competencies and Skills

- Experience in conducting psychological studies with familiarity in using digital tools for data recording and analysis.
- Adept at conducting thorough clinical interviews to gather comprehensive client histories
- Trained in administering comprehensive psychological assessments, including personality, cognitive, and behavioural evaluations, to gain a deeper understanding of clients' mental health
- Experienced in diagnosing a broad spectrum of psychological disorders
- Experienced in conducting structured and semi-structured clinical interviews for case formulation and treatment planning.
- Skilled in Motivational Enhancement Therapy (MET) for addiction counseling and behavior change, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Behavior Modification, and Social Skills Training for patients with Schizophrenia.
- Culturally sensitive and adaptable, able to work effectively with clients from various backgrounds
- Committed to upholding the highest ethical standards, including safeguarding patient confidentiality and ensuring informed consent throughout the treatment process
- Collaborative team player, capable of working closely with other healthcare professionals to provide holistic care



Additional Skills

- Community Outreach
- Problem-Solving Skills
- Microsoft Office
- Critical Thinking
- Adaptability
- Designing (Canva)



Research

• **A Study on Anxiety, Academic Procrastination and Academic Dishonesty among Under-graduate and Postgraduate Students**

Conducted as a part of Master of Science in Clinical Psychology under the Guidance of Dr. K. Jayasankara Reddy

• **Resilience, Perceived Social Support, and Quality of Life in Wives of Persons with and without Alcohol Dependence Syndrome**

Conducted as a part of Master of Philosophy in Clinical Psychology under the guidance of Dr. B. S. Mahesh

Achievements/Certifications

- **"Introduction to Psychotherapy" - Fortis Healthcare Ltd. - Department of Mental Health and Behavioral Sciences**
July 2020
- **"Introduction to Psycho-Oncology - Fortis Healthcare Ltd. - Department of Mental Health and Behavioral Sciences**
July 2020
- **"Introduction to Positive Psychology - Fortis Healthcare Ltd. - Department of Mental Health and Behavioral Sciences**
August 2020
- **Workshop on Dream Analysis - MindSight**
August 2020
- **Qualitative Research Methods - University of Amsterdam (Coursera)**
November 2020
- **Applying SPSS for Educational Data Analysis - Science of Well Being**
September 2021
- **Paper Presentation - "A Study on Anxiety, Academic Procrastination and Academic Dishonesty Among Undergraduate and Postgraduate Students" at National Conference on Mental Health and Well Being (NCMW 2022)**
May 2022
- **"Two-Day Workshop on Gestalt Therapy" - Dr Sam Manickam at KAPMIAHS, Shivamogga**
March 2023

Co-Curriculars

- Elected Council Member for 2 consecutive years 2018-19 and 2019-2020 (ECAC Member and Head of Grievance Redressal Committee, respectively) at the Indian Institute of Psychology and Research.
- Involved in planning and organising multiple intra-collegiate and inter-collegiate events
- Participated in multiple intercollegiate fests and bagged awards in street play for suicide prevention, group singing, and interactive mental health themed activities (taboo, charades etc.)
- Volunteered at People for Animals (PFA) Wildlife Hospital catering towards rehabilitation of rescued wildlife animals