

Kratika Ramesh

LICENSED CLINICAL PSYCHOLOGIST (RCI, INDIA)
CERTIFIED CLINICAL HYPNOTHERAPIST (CHI, USA)

Noida, Uttar Pradesh, India

+91-9599291445

Kratika.Ramesh@gmail.com

Kratika Ramesh is a Licensed Clinical Psychologist (RCI, India) and a Certified Clinical Hypnotherapist (CHI, USA) with an MPhil degree in Clinical Psychology (Gold Medallist), who has around 7 years of work and training experience in the field of Mental Health & Psychosocial Rehabilitation with an eclectic, inclusive and integrated treatment approach. A proficient, compassionate, empathetic and solution-oriented professional who is dedicated to providing exceptional care and implementing effective treatment plans for children, adolescents, and adults experiencing cognitive, emotional and behavioural disorders. Successful in working with diverse client populations in one-on-one and group settings. An effective motivator, communicator and advocate of mental health with inherent ability to manage all types of disorders, diffuse crisis situations, proactively resolve issues, achieve challenging goals and objectives. Possessing the innate ability to establish rapport quickly, build trust, interact with and relate to individuals on all levels. Proven strong clinical, interpersonal, organizational and analytical skills.

AREAS OF EXPERTISE

*Psychotherapy & Counselling
Cognitive & Behavioural Therapies
Behavioural Medicine/Health Psychology
Affective/Physiological Therapies
Neuropsychology
Corporate Psychology*

*Research & Statistics
Psychosocial Rehabilitation
Organizational Behaviour
Psychological Assessments
Therapy with Children
Clinical Hypnotherapy*

PROFESSIONAL EXPERIENCE

HEAD OF CLINICAL & I/O PSYCHOLOGY

Skooc – Mental Healthcare Organization

Noida

Jun 2022–Present

- Leading successful corporate training programs and wellness programs for various organizations along with designing & implementing customised training modules for employee and manager training/coaching.
- Extensively monitor and measure program processes & outcomes using data analysis to generate meaningful insights related to program effectiveness and improvement.
- With a strong footing in Industrial/Organizational Psychology, working with multinational organizations as a core part of Employee Assistance Program teams to provide mental health services with a strong hold on program designing for managers and employees, in collaboration with other international psychologists.
- Partnering with Manipal Hospital, Sagar Hospital and Narayana Hospital in Bangalore, along with supervising the hospital Clinical team.
- Refining and expanding services to help shape our ABA Clinics for individuals with Autism & other Neurodevelopmental Disorders.
- Conducting therapy sessions, assessments for diagnosis and designing reports for children & adolescents, as well as the adult population. Extensively working with parents on building strong parenting skills and actively becoming co-therapists for their children.
- Facilitating a robust peer supervision team which involves regular case presentations, knowledge sharing and skills building sessions.

SENIOR CLINICAL PSYCHOLOGIST

Sri Aurobindo Society

Delhi*Nov 2021–May 2022*

- Working in cohorts with the Indian Ministry of Education (MoE), Research & Design for Project Inclusion under their 'Rupantar' Division.
- Core focus on designing assessments and screening tools for Neurodevelopmental Disorders in children.
- Designing training modules and conducting trainings for educational professionals with the goal of bringing about community transformation at grassroot levels with Government schools in India.

PSYCHOLOGY TRAINER

Fobet

Noida*Sep 2021–Present*

- Being a trainer in the field of Psychology for Fobet involved designing modules and course materials for trainees, conducting short and long-term workshops online and in-person, acquiring feedback and continuously working on improved designing and providing excellent standard of trainings.

CLINICAL PSYCHOLOGIST

Humana Wellness

Gurgaon*Aug 2021 - Nov 2021*

- Provided psychosocial rehabilitation services for a 40-bedded psychiatric rehabilitation facility.
- Worked with patients with Addiction Disorders- Alcohol abuse, Substance abuse, Gaming addiction, Paraphilic Disorders, and other Secondary Disorders to Addiction.
- Conducted tests and assessments, designed treatment plans and provided psychotherapy to patients, conducted group sessions for patients as well as families.

CLINICAL PSYCHOLOGIST

Sanctum Wellness and Healing Centre

Delhi*Mar 2021 - Sep 2021*

- Psychiatric interview taking, formulating diagnosis, charting out and implementing psychotherapy treatment plans for adults with Addiction Disorders (Alcohol, Substances, Eating disorder, Gambling) along with treating other Personality disorders, Mood disorders, PTSD, OCD, etc.
- Implementing psychotherapy & counselling for cases related to Family Psychiatry.

CHILD PSYCHOLOGIST

Mom's Belief

Gurgaon*Jun 2020 - Jan 2021*

- Conducting assessments and psychotherapy sessions.
- Formulating Individualized Educational Programs (IEPs) for children with NDDs.
- Training children in various domains of development – Self-help, Speech and Language, Communication, Emotion - Behaviour and Cognitive domains.

PSYCHOLOGIST – CRISIS COUNSELING

Covid Response, (Govt. of NCT and DCPCR)

Delhi*Apr 2020 - May 2020*

- Volunteered with the 'Covid Response' Team for On-call Crisis Prevention, with the Govt. of National Capital Territory (NCT) & Delhi Commission for Protection of Child Rights, in partnership with organizations – Mind Piper, Aatma Prakash, I AM Wellbeing

CLINICAL PSYCHOLOGY TRAINEE

National Institute of Mental Health and Neurosciences – NIMHANS

Bangalore*Sep 2019 - Nov 2019*

- Psychiatric interviewing, treating and management of mental health disorders – OCD, Dissociative, Schizophrenia, Mood disorders.

- Therapies in practice were Sex therapy, Family therapy, Couples therapy, Anger management, CBT, DBT, JPMR and Applied relaxation techniques and other special therapies.

CLINICAL PSYCHOLOGY TRAINEE

Composite Regional Centre for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities (CRC)

Agartala

Apr 2019 - Mar 2020

- Assessment of Intellectual Disability, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, and other childhood disorders and focus on behavioural management, skills enhancement and special education with the help and collaborative efforts from the Speech Therapy and Occupational Therapy departments.

CLINICAL PSYCHOLOGY TRAINEE

Govt Psychiatric Hospital

Agartala

Oct 2018 - Mar 2020

- Elaborate experience with all kinds of psychological testing, mainly projective personality testing/assessments and commonly occurring mental health disorders.
- Extensive experience with MET for group settings (Border security force), good knowledge related to ECT and experience with Forensic department cases.

CLINICAL PSYCHOLOGY TRAINEE

ILS Hospital

Agartala

Oct 2018 - Mar 2020

- Focus was majorly in assisting with OPD and IPD cases requiring immediate psychological attention, cases indicating towards Mood disorders and cases of suicide attempts or high-risk patients.
- Collaboration with the ENT dept for IQ testing required for Cochlear implants.

COGNITIVE BEHAVIOR THERAPY & CHILD PSYCHOLOGY INTERN

Karma Centre for Counselling & Wellbeing

Delhi

Dec 2017 - Jan 2018

- Extensive training in problem-solving using CBT where the goal is to change patterns of thinking & behaviour by applying standardized approaches.
- Acquiring extensive knowledge regarding learning patterns, behavioural developments and environmental factors affecting children from infancy through adolescence.

CLINICAL PSYCHOLOGY INTERN

Cosmos Institute of Mental Health & Behavioural Sciences (COSMOS)

Delhi

Jun 2016

- Performing case studies and Mental Status Examinations (MSE).
- Participating in individual group counselling sessions, consultation/outreach programs.
- Providing psychological assessments and intakes and performing other related tasks that were a part of the institute's operations.

ACADEMIA

MASTER OF PHILOSOPHY IN CLINICAL PSYCHOLOGY (RCI RECOGNISED)

The Institute of Chartered Financial Analysts of India, ICFAI University

Honours: Gold Medalist

Agartala, Tripura

2018 - 2020

MASTER OF SCIENCE IN PSYCHOLOGY (CLINICAL)

Stani Memorial PG College, University of Rajasthan

Honours: Distinction

Jaipur, Rajasthan

2014 - 2016

PUBLICATIONS

Mental Health Profile of Higher Secondary Tribal Students in West Tripura, India

(Publication – June 2019)

Journal: International Journal of Research & Analytical Reviews (ISSN, UGC approved)

Rorschach Indices & Self-Perception among Males with Substance-Induced Psychosis

(Publication – June 2019)

Journal: Journal of Emerging Technologies & Innovative Research (ISSN, UGC approved)

CERTIFICATIONS

National Institute of Mental Health and Neurosciences (NIMHANS)

Core Clinical Training in Behavioural Medicine/Therapy

Bangalore
Sep-Nov 2020

Government Medical College and Hospital (GMCH)

Attachment Training in OPD, IPD, Rehabilitation Centre

Chandigarh
Feb 2020

California Hypnosis Institute

Diploma in Clinical Hypnotherapy (Level 1, 2, 3)

California, USA
Sep 2017

Me and My Mind Psychological Unit

Certification in 'Assessment of Intelligence'

Gurgaon
Mar 2017

Cosmos Institute of Mental Health and Behavioural Sciences

'Advanced Workshop on Dementia'

Delhi

KEY SKILLS

- Proficient, individual & group counsellor/therapist with several years of practical experience in a variety of environments & capacities.
 - Gifted in client assessment/evaluation and development/implementation of effective treatment plans.
 - Understanding, applications & analysis of Personality assessments, tests of cognitive functions, clinical rating scales, psycho-diagnostics, intelligence tests, children psychological assessments, disabilities & neuropsychological assessments & other core tests.
 - Experience with paediatric, geriatric and adult populations involving spectrums of various psychiatric disorders.
 - Can effectively apply various affective, behaviour, cognitive, systemic, physiological psychotherapies.
 - Knowledge regarding psychosocial rehabilitation & application of other holistic/positive psychology approaches to treatment.
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ADDITIONAL SKILLS

- *Proficient in MS Office (Word, Excel, PowerPoint)*
- *Fluent in English, Hindi and Bengali*