



# TANYA SINGH

## CONTACT

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## SKILLS

- Clinical Diagnosis
- Rorschach Inkblot Test
- IQ Assessments
- Psychodiagnostic assessments
- Emotional Awareness
- Analytical Thinking
- Good Work Ethic
- Case formulation and History taking
- Conduct and undertake a variety of therapeutic techniques
- Therapeutic Interventions for disorders such as OCD, Anxiety disorders, Borderline Personality Disorder etc

## PROFESSIONAL SUMMARY

Empathetic licenced Clinical Psychologist with experience in working with individuals from all walks of life to facilitate growth and change. Skilled in assessment, diagnosis and development of care plans to treat emotional, behavioral and psychological disorders. Extensive experience with a variety of psychological tests, assessments and clinical cases involving therapeutic interventions. Skilled at case management and committed to providing individualized care to multiple patients. Emotionally resilient and at cultivating safe, inclusive spaces to conduct psychological interventions and encourage positive growth and change. Strengths include case management, research interviewing, assessment reporting and clinical diagnosis .

## EXPERIENCE

### **Trainee Clinical Psychologist, 01/2021 - 05/2023** **ABVIMS and DR RML Hospital - New Delhi, India**

- Conducted protocol-based psychological assessments to evaluate client needs.
- Utilised psychotherapy to improve quality of life for individuals, groups or families.
- Supported patients exposed to traumatic events in overcoming mental, emotional and behavioural challenges.
- Attended multi-disciplinary meetings and reviews, reporting assessment results and treatment progress notes.
- Recorded comprehensive patient histories and coordinated treatment plans with multi-disciplinary team members
- Wrote comprehensive goals and patient treatment plans.
- Diagnosed mental health, emotional and substance abuse disorders.
- Collaborated with parents and guardians to develop strategies to combat anxiety.
- Served as lead clinician for patients with bipolar, depression, anxiety and personality disorders.
- Addressed issues through emotionally intelligent conversation and conflict resolution techniques.
- Conducted outreach, advocacy and rehabilitative services for regular cases and crisis intervention.
- Recorded comprehensive patient histories and coordinated treatment plans with multi-disciplinary team members.
- Implemented a number of therapeutic interventions to promote positive behavior changes.
- Developed individual courses of treatment for each patient by evaluating goals, mental health and practical conditions.
- Collected information necessary for psychological diagnosis by interviewing, observing and surveying patients.
- Incorporated different treatment methodologies and evidence-based practices to meet clients' specific needs.
- Completed detailed documentation of sessions, patient notes and recommendation

- Improved clients' compliance with treatment plans by advising on options and benefits.
- Directed, coordinated and evaluated activities of staff and interns engaged in patient assessment and treatment.

## EDUCATION

**Master of Philosophy:** Clinical Psychology, 2023  
**ABVIMS and DR RML Hospital** - New Delhi, India

- Over 1500 hours of clinical work and supervision
- Trained in conducting a number of psychological assessments ranging from IQ assessments to psychodiagnostic tests.
- Proficient at Rorschach Inkblot Test (RIBT)
- Undertook therapy sessions and conducted interventions for a variety of psychological disorders such as Obsessive Compulsive Disorder, Major Depressive Disorder, Borderline Personality Disorder and Anxiety Disorders

**Master of Arts:** Clinical Psychology, 2020  
**Amity University** - Noida, UP

Internships:

VIMHANS- April, 2017 to May 2017

**Bachelor of Arts:** Psychology (Hons), 2018  
**Kamala Nehru College** - Delhi University

**Diploma of Higher Education,** 2015  
**Maharani Gayatri Devi Girls School** - Jaipur

## CERTIFICATIONS

- Certified Clinical Psychologist with the Rehabilitation Council of India (RCI)