



I am thoughtful, patient centric clinical psychologist with experience in hospital, clinics and private practice setting. I am compassionately committed in working with patients suffering from broad spectrum of mental health issues. I specialize in Family and Marital Therapy and Child and adolescent Psychology.

**Phone:**  
+91-9811760432

## Work Experience

September 2022-October 2023

### Lissun, Gurugram

- Working as a Clinical Psychologist

## Supervised Clinical Training

04/2022 to 08/2022

### The Happy Tree, Delhi

- Inpatient and outpatient case management and record maintenance as per mental health act standards
- Formulating and conducting group therapy and individual therapy plans for addiction problems.
- Supervised trainees (first year and second year Psy.D students) on psychological assessments, reports and psychotherapy.

01/2022 to 03/2022

### Deen Dayal Upadhyay Hospital, Delhi

- Inpatient and outpatient case management
- Prepared intake reports, case formulations and treatment plans.
- Offered long term Individual therapies.

07/2021 to 12/2021

### Air Force Central Medical Establishment, Delhi

- Organized workshops and training programs related to mental health for Air Force Trainees.
- Organized clinical interventions and treatment plans for patients with psychological disorder.
- Supervised trainees (first year and second year Psy.D. students) on psychological assessments and reports.

02/2021 to 06/2021

### Perfect Mind- Mental Health Clinic, Delhi

- Case intake workups and record maintenance.
- Conducted psychometric and clinical assessments
- Organized clinical interventions and provide psychotherapy for patients with psychological disorder.

## Skill Highlights

- Psychological assessment
- Writing reports
- Treatment plan and evaluation
- Stress management
- Psychotherapy
- Evidence based therapy
- Teaching and monitoring

01/2020 to 03/2020

**Cosmos Institute of Mental Health and Behavioral Sciences,  
Delhi**

- Inpatient and outpatient case management and record maintenance as per mental health act standards
- Assessed cognitive, behavioral and emotional disorders of patients using psychometric tests, interviews and behavioral observations.
- Short and long-term evidence-based psychotherapy for anxiety, depression, bipolar disorder, trauma, sleep difficulties (e.g., insomnia and shift work), relationship problems and addiction problems.

06/2019 to 12/2019

**Deen Dayal Upadhyay Hospital, Delhi**

- Inpatient and outpatient case management
- Conducted intake assessments (assessment batteries, risk assessment, personality assessment) and clinical interviews.
- Prepared intake reports, case formulations and conduct psychotherapy.

07/2019 to 09/2019

**Army Hospital Research and Referral, Delhi**

- Child psychology and disability case management
- Behavioral modification for children with Intellectual Disability and autism.
- Parent management training for oppositional and aggressive behavior in children and adolescents

03/2019 to 06/2019

**Cosmos Institute of Mental Health and Behavioral Sciences, Delhi**

- Inpatient and outpatient case management with the Mental Health Act standards
- Psychological testing and clinical profiling of clients with mental health issues.
- Formulating and conducting group interventions for chronic mental illness.

11/2018 to 02/2019

**Janakpuri Super Specialty Hospital, Delhi**

- Disability management and certification
- Rural Mental health and Psychotherapy
- Conducted neuropsychological assessments and cognitive rehabilitation

07/2018 to 10/2018

**Air Force Central Medical Establishment, Delhi**

- Child psychology and disability case management
- Psychometric and clinical assessments including MISIC, BKT, VSMS, DST, CARS, ISAA.

## Languages

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- Hindi (Native)
- Punjabi (Proficient)
- English (Proficient)

## Personal details

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- DOB: 30 Nov 1994
- Marital status: Single
- Address: C4/9, Model town, Ground floor Delhi-110009
- Email: sanyak.094@gmail.com

## Honors and awards

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- Personal excellence award from Amity, Noida 2016
- 3rd rank in paper presentation at Daulat ram college, Delhi
- Honored by United Sikhs for offering psychological services at farmers protest site, Singhu border

## Volunteer work

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- Volunteering with United Sikhs NGO for Psychological services
- Greif counseling during COVID-19 first and second wave
- Taught calligraphy at orphanage
- Conducted expressive art therapy at Swamaan learning center on ADHD patients for a week, 2018
- Conducted expressive art therapy on kids at Shikshapurti aek prayatan for a week, 2018

## Education

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- **Doctor of psychology (Psy.D)**, Amity University, UP, India (Licensing from Rehabilitation Council of India) 2018-2022
- **M.A in Clinical psychology**, Amity University, UP, India 2016-2018
- **B.A (Hons) in applied Psychology**, Amity University, UP, India 2013-2016

## Psy.D. Thesis Topic

Effects Of Psychoeducation As Couple Based Intervention On Infertility Related Stress And Psychological Distress In Couples

Registered in Amity University, under the guidance of Dr. Dweep Chand Singh, HOD, Department of Clinical Psychology, Amity University, Uttar Pradesh, Noida.

- 32 couples undergoing infertility treatment were selected based on inclusion and exclusion criteria.
- Study confirmed the pivotal role of Psychoeducation in couples undergoing infertility treatment in reducing the severity of distress.
- It also provides the emotional support that is required for continuing the treatment.
- It shows the evidence in successfully dealing with infertility related stress, psychological distress and relationship problem

## License and Certifications

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- UNESCO CID Creative Movement Therapist (2017)
- Certificate in Mental Health Professional Training Modules Part 1 & 2 in Infertility:Treatment Interventions (ASRM)
- Certificate in Cognitive Behavior Therapy (Psychwire)

## Publications

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- Kataria, S., & Singh, D. C. (2022). Comparison Of Infertility Related Stress, Psychological Distress And Dyadic Adjustment Between Husbands And Wives Undergoing Infertility Treatment. *International Research Journal of Management Sociology & Humanities*, 13(8), 35–44. <https://doi.org/10.32804/irjmsh>
- Kataria S. & Sethi S.R. (2019). Handedness, well-being, self concept and locus of control among school-going children. *International Journal of Research*, 8(5)

### References

- References available on request