# SADAF RAIS

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# Clinical Psychologist/ Research Analyst

I am an experienced licensed Clinical Psychologist with extensive experience of providing in-person and virtual psychological consultations for both adults and children. Skilled in diagnostic formulation, psychological assessment for both adults and children, and delivering a variety of psychotherapies including cognitive behaviour therapy, dialectical behaviour therapy, traditional behaviour therapy, and couple therapy. I am deeply passionate about advancing mental wellness through evidence-based practices and compassionate care.

I have gained training in quantitative and qualitative research methods, undertook a capstone research project and have gained hands on field training in the research area.

# Professional Experience

* **Clinical Psychologist**

**Mind Plus Retreat, Doraha, Ludhiana**

**September 2024- Present**

* Mental health management of In-patient department (IPD) patients.
* Psychological assessment, psychotherapy of IPD patients.
* Providing group therapy sessions such as Mindfulness, SMART, Cognitive Retraining and Positive Psychology.
* **Consultant Psychologist April 2021 – September 2024**

ACRO, Hyderabad, India

* + Provide virtual consultation to both adult and child clients.
  + Diagnostic formulation, psychological assessment/testing, report, and evaluation, psychotherapy (CBT, DBT, Behavior therapy, supportive psychotherapy, general counseling, couple therapy, child therapy) and counseling services.
  + Teach Psychology to interns (UG and PG Psychology students)

# Clinical Psychologist November 2020- October 2023

Sukoon Neuropsychiatry and De-addiction Clinic, Faridabad, India

* + Managed adult and child cases for diagnosis, psychological assessment/testing, report and evaluation, psychotherapy (CBT, DBT, Behaviour therapy, supportive psychotherapy, general counselling, couple therapy, and child therapy) and counselling services.
  + Diagnostic formulation, psychological assessment/testing, report, and evaluation, psychotherapy (CBT, DBT, Behavior therapy, supportive psychotherapy, general counseling, couple therapy, child therapy) and counseling services.

# Assistant Professor May 2023 - September 2023

Institute Of Good Manufacturing Practices, Delhi, India

* + Utilized innovative teaching methods and technology to teach Psychology to first year MBBS students.
* Implemented effective classroom management strategies to create a positive and inclusive learning environment.
* **Board expert member July 2022 – October 2023** Mental Health Expert Committee for Juvenile Justice Board (District level), Faridabad, India
  + Assessed mental health of juveniles using psychological assessments.
  + Legal mental health report preparation for juvenile delinquents.

# Educational Qualifications

# Research Analyst

# Humber College, Toronto, Canada

# January 2024 - December 2024

# M.Phil. Clinical Psychology 2018 - 2020

SGT University, Haryana, India

* + Specialized in clinical assessments and therapeutic interventions, focusing on advanced clinical skills and psychological research.
  + Independently managed a research project on “Schizotypy in general population”.

# Master’s in applied psychology 2016-2018

Jamia Milia Islamia, Delhi, India

* + Completed advanced studies in psychological theories and applications with practical training in various psychological services.
  + Conducted a Test Construction project on developing a Homesickness Scale using quantitative methodology and SPSS.

# Bachelor of Arts in Psychology Honors 2013 - 2016

Jesus and Mary College, Delhi University, India

* + Gained foundational knowledge in psychology and research methodologies.
  + Conducted various small level research projects.

# Skills

| **Hard skills** | **Soft Skills** |
| --- | --- |
| Psychotherapeutic techniques  Specialization in OCD and personality disorders  Psychological assessments (intelligence, personality, neuropsychological assessments) Statistical package for Social Sciences (SPSS) Microsoft Excel, Word, PowerPoint  Research writing skills  Project Management Skills | Empathic Active listening Problem-solving  Strong interpersonal communication  Time management skills Resilient and diligent Stress management skills |

**Certifications**

RCI (Rehabilitation Council of India) licensed Clinical Psychologist.

* CRR Number: A72462

The Tri-Council Policy Statement: Ethical Conduct for Research Involving Human (TCPS 2) Certificate.