

Sonam Yadav

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EDUCATION			
COURSE	BOARD/UNIVERSITY	YEAR	PERCENTAGE/CGPA
M.Phil. Clinical Psychology	Central Institute of Psychiatry, Ranchi	2025	69.6%
M.A. Applied Psychology	Tata Institute of Social Sciences, Mumbai	2021	7/10
B.A. (Hons.) Applied Psychology	Sri Aurobindo College (eve), University of Delhi	2019	7.08/10
Class XII	Army Public School, Dhaula Kuan (CBSE)	2015	89.6%
Class X	Army Public School, Tenga Valley (CBSE)	2013	10/10

WORK EXPERIENCE	
Central Institute of Psychiatry Ranchi <i>Clinical Psychology Trainee</i> (2023-2025)	<ul style="list-style-type: none">Extensive clinical experience in psychological assessments such as Diagnostic and Personality assessments, Intelligence assessments, Nueropsychological assessments.Interventions across Major Psychiatric disorders, Child and Adolescent Psychiatry, Addiction Psychiatry, Neuro-cognitive and Nuero-developmental disorders, using modalities such as Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, Motivation Enhancement Therapy, Behaviour therapy, Biofeedback & Nuerofeedback.
Jan Sahas Madhya Pradesh & Rajasthan (Cluster Coordinator & Psychologist) March 2022- April 2023	<ul style="list-style-type: none">Designing and Facilitating Training, Sensitization & Awareness Modules, and Workshops on Mental Health for Community members, Field counselors & Government stakeholders, like Police Department, DLSA, Health Department, Women & Child Development Department, and other frontline workers and NGOs.Engaging in Government Relations (GR) and coordination with different government stakeholders for initiating, planning, and implementing programs on Mental Health.Conducting Awareness Workshops at schools, colleges, villages, observation and shelter homes.Providing Counseling support to survivors of sexual, and gender-based violence, caste based atrocities, bonded labour, and to members of marginalised communities.Developing Content on Mental Health Literacy & Awareness for community members.Supervising and Training a team of Field Counselors to ensure proper project implementation at the district level.Conducting Field visits for psychoeducation of families or other involved stakeholders like, Police/CWC/OSCs etc.Designing and implementing provisions such as workplace wellbeing, stress management and self care sessions for employees.
Samvedna Senior Care (Project Executive: Mental Health) July 2021-Feb 2022	<ul style="list-style-type: none">Conducted in-person and online sessions and assessments with over 15 clients, for 400+ hours, aged 18-89, having concerns such as Depression, Dementia, Anxiety, and other issues such as grief, aging-related concerns, family conflicts, relationship concerns.Offered Caregiver Enablement to families in order to help them understand the illness better and support the clients in recoveryConducted interventions such as Cognitive Stimulation Therapy, Family Therapy, Multi Sensorial Stimulation, Personal psychotherapy, and Animal-assisted interventionsTraining new attendants, nurses, and counselors on boardResearch and Content generation for social media to increase the outreach of the organization.
Mynd Project (Trainee Psychologist) April 2021-June 2021	<ul style="list-style-type: none">Conducted over 20 hours of counseling services for young adultsIncreased social media outreach through engagement in the form of posts and blogsConducted multiple webinars on topics, 'Coping with Anxiety', 'Using Mandala Art to cope with stress'

One Stop Centre, Farrukhabad <i>(Trainee Psychologist)</i> Jan 2021-March 2021	<ul style="list-style-type: none"> Conducted 15+ sessions, 100+ hours with women and children facing domestic violence and familial conflict. Worked on crisis intervention, stabilization, and trauma-focused case conceptualization and psycho-education sessions.
Kripa Foundation, Bandra (De-addiction and Rehabilitation) <i>(Trainee Psychologist)</i> Nov 2020-Dec 2020	<ul style="list-style-type: none"> Engaged in group sessions with clients on substance use and addiction issues. Hosted 10+ AA/NA meetings, and Family Systems Therapy meetings Conducted supervised input/output sessions, observation, case history taking, case conceptualization Conducted an awareness webinar on Behavioral Addictions

ACADEMIC PROJECTS	
M.Phil Research Thesis 2025	Early Traumatic Life Experiences and Irony Comprehension in Adolescents with dissociative disorders (Mixed-Methods Study) <ul style="list-style-type: none"> Assessment of Irony Comprehension and Alexithymia across 30 participants Development of semi-structured interview guide for exploring the lived experiences of dissociative illness and traumatic experiences Utilised Parametric and Non-parametric statistics, Thematic Analysis
Masters Research Dissertation 2021	Counselor's experiences of working with male clients who perpetrate violence against women (Qualitative Study) <ul style="list-style-type: none"> Development of a qualitative interview guide to explore the experiences of the participants. Interviewed 8 counselors (social workers/psychotherapists), and conducted thematic analysis.
Healing the Healers (CMH project) Oct 2020	Developed a community mental health project for frontline women doctors engaging directly with Covid-19 patients.

ACADEMIC ACHIEVEMENTS AND ENGAGEMENTS
First Prize in Oral Paper Presentation at Annual Conference at NSHM Knowledge Campus, Kolkata, August 2024
Qualified UGC-NET 2019 in Psychology , organized by University Grants Commission , New Delhi, Dec 2019
Qualified GATE-2023 in Social Sciences , Organised by Indian Institute of Technology

SKILLS
Therapy: Cognitive Behaviour Therapy, Behaviour Therapy, Dialectical Behaviour Therapy, Motivation Enhancement and Relapse prevention Therapy, Narrative Practices, Mindfulness based therapies, Trauma focused therapy, Queer-affirmative therapy, Motivational Interviewing, Counselling Micro-skills, Grief Counselling, Suicide assessment, Crisis Intervention Assessments: Stanford Binet Test, Wechsler Intelligence test, MCMI-III, MMPI, Rorschach Inkblot Test, Thematic Apperception Test, AIIMS neuropsychological battery, PGIBBD battery, CANTAB Research: SPSS, Thematic Analysis, Interpretative Phenomenological Analysis, Interview Schedule Construction Other: Training and Project Implementation, Event Management, Content creation, Social Media Management, Content writing, Photography, and Videography