

Muskan Tikoo

Rehabilitation Counsellor | CRR Number: A98568

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## EDUCATION

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**National Institute of Public Cooperation and Child Development (NIPCCD New Delhi, 2022-2023) \*RCI Recognised**  
Advanced Diploma in Child Guidance and Counselling-8.68 CGPA

**Tata Institute of Social Sciences (TISS Mumbai, 2019-2021)**

Master of Arts, Mental Health- 7.1/10 (CGPA)/ Letter grade A-

- Conducted a dissertation on 'Understanding Women's Relationship with Food and Emotional Eating', scoring a 7.7-grade point.

**Lady Shri Ram College For Women (LSR), University of Delhi (2016-2019)**

Bachelor of Arts, Psychology- 6.878/10 (CGPA) First Division

- Conducted and contributed to 16+ research papers for psychology practicals (Qualitative and Quantitative) on areas such as Homophobia intervention, Psychosocial correlations experienced by a Cancer Survivor, Leadership Styles etc

## PROFESSIONAL EXPERIENCE/ INTERNSHIPS

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**Clinic Experience at NIPCCD (2022-2023)**

Worked closely with 50+ children and families, with neurodevelopmental conditions and social-emotional concerns. (ASD, ADHD, SLD, ID and CP across severities)

**Child Guidance Centre (CGC)**

**Adolescent Guidance & Service Centre (AGSC)**

Key processes undertaken: Assessments, Skill Training and Counselling; Individual and Parent Counselling

- Case History, Behaviour Observations, Adolescent Interviews, Vineland Adaptive Behavior Scales (VABS), House-Tree-Person test (HTP), Brigance-Psychoeducational Assessment/ Functional Assessment, and Parent Counselling.
- Indian Scale for Assessment of Autism (ISAA)/ Childhood autism rating scale (CARS), CONNERS Rating Scale, NIMHANS SLD Battery, Multiple Intelligence Scales, Learning Styles
- Interpreted IQ tests (WISC/MISIC) and MACI for interventions

Delivered Clinical Case Reports to be shared with families, schools and other stakeholders.

- Counselling- Person-centred/Client-focused eclectic approach.

**Lotus Valley International School, Noida (2022)**

Worked with the School MH team, based on the School Mental Health Model and WHO.

- Successfully conducted Needs Assessment and delivered Life Skills sessions (based on WHO)
- Conducted Screenings of mental health concerns and early signs of symptoms.
- Supported students with social-emotional concerns.
- Successfully worked with neurodivergent students and personalised scaffolds as interventions.
- Supported Teacher well-being and assisted their approach with neurodivergent populations.

**Child Care Institution-Welfare Home for Children, Saket (SAA) (2023)**

- Worked with Children (ages 0-5 years old of OAS status) and Teachers focusing on early stimulation and pre-academic skills with a developmental approach.

**Cult. fit Healthcare****New Delhi, 2021**

3.82/4 Client Ratings (average of 6 months)

- Successfully worked with 60+ individual clients on Eating disturbances, Emotional/Stress eating, body image, anxiety and daily stressors.
- Worked on healthy eating and rebuilding clients' relationships with food.

**Drug de-addiction + Psychiatry ward, Civil Hospital****Punjab, 2021**

OPD; Conducted 20+ Case Histories and Mental Status Examinations for patients (Drug/Alcohol addiction and Psychological concerns)

Responsible for:

- Analysing symptom intensity and improvement by administering scales (COWS scale for Opium Withdrawal; YBOCS scale for OCD)
- Individual therapy for 10+ patients (motivational/ stress management/symptom management)
- Group sessions for recovery, fighting possible temptations for alcohol addiction.
- Working with caregivers/Family members on caregiver burden/stress (individually+group therapy+support group meetings).

**Sambandh Health Foundation****Gurgaon, 2020**

- Delivered 3+ weekly online workshops for students on topics such as the impact of social media on Mental Health, Rights of persons with disabilities, Information and tips on COVID-19 hygiene.
- Successfully facilitated Family Self Help Group Meetings weekly.
- Facilitated PWMI documentation (disability certificates)

**State Shelter Home, Kasturba Mahila Vastigrah****Mumbai, 2019-2020**

Worked on the Psychosocial Rehabilitation of 20+ women of destitute status

- Conducted Individual and Group therapy sessions weekly (creating a safe space for expressing feelings, and increasing relatedness among members)
  - Set up an Aadhar camp for 40+ women with lost or no documentation. Further extended the process to Disability certificates, linking with applicable Government schemes.
  - Worked on 'Mulakat' (connecting separated mothers in the institution to their children).
  - Collaborated with PRAYAS for their training and employment.
  - Organized collection drives for clothes, personal belongings, etc., to be donated to the Institution.
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