

# SONAKSHI NAYAR

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## EDUCATION

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### Master of Philosophy (M.Phil.) in Clinical Psychology

September, 2024

*Sri Ramachandra Institute of Higher Education, Chennai.*

#### Activities:

- Gold Medal for an event at the NIEPMD conference on Schizophrenia (First Place)
- Scopus Indexed Research Publication (In addition to Web Of Science index)
- International Paper Presentation at a Conference on Sustainability at Christ University in 2022 titled "Environment and Sustainable Development- Interdisciplinary Trends and Practises", December 2022
- Abstract selection/ Presentation at the Institute of Mental Health Conference, August 2024

### Master of Science (M.Sc.) in Clinical Psychology (First Class Distinction)

July, 2022

*Christ University, Bangalore (OFF-Campus Delhi NCR).*

#### Activities:

- University Student Council Representative for Department of Psychology
- Core team member at the Environmental Psychology Lab
- Clinical and Research Assistant at Christ University, Delhi NCR
- International Paper Presentation for SPAST Foundation in Collaboration with Christ University "International Conference for Smart Green Connected Societies" 2021

#### University Awards and Accolades:

- Gold Medalist, Best All-Rounder Student
- Three International Research Publications (Scopus Indexed)
- Young Women's Leadership Award at a University Level from Christ University Delhi NCR

### Certified Mindfulness Coach , Happitude Mumbai (Completed)

November 2020

### Bachelor of Science (B.Sc.) in Psychology Honors (First Class)

July, 2019

*Liverpool Hope University, (United Kingdom)*

### Activities:

- Student Representative for University Student Council (Disability Society)

### Awards and Accolades:

- Graduate member of the British Psychology Society (BPS)

## WORK EXPERIENCE

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### 1. M.Phil. Clinical Psychology Scholar | Chennai (October 2022 – September 2024)

#### *Sri Ramachandra Institute of Higher Education and Research*

- Undertook supervised sessions of psychotherapy with clients of expansive presentations such as neurodevelopmental disorders, mood disorders, anxiety and fear-related disorders, personality disorders, substance use disorders and psychosis.
- Conducted psychological assessments and conceptualized psychological disorders for individualized treatment planning.
- Undertook supervised counseling sessions to enhance interpersonal skills and address job transitions, marital conflicts and affective dysregulation.

### 2. Peer Reviewer for Web of Science (July 2024)

### 3. Stanley Government Hospital Chennai in collaboration with Chennai Primary School Samagra shiksha (Inclusive education) (2019-2020) - Part Time

Focusing on enhancement of the curriculum at the State level alongside other rehabilitation professionals and special educators.

### 4. Intern | Delhi (On site) (December 2021- April 2022)

#### **VIMHANS Nayati Hospital, Delhi**

Psychological assessments, observership, case history taking and formulation, alongside case, Presentation, daily logs and report submissions.

### 5. Intern | Christ University Delhi NCR (On-site) (April 2022-May 2022)

Research intern, writing research papers, publishing and doing coding and data analysis

### 6. Intern | Element H, Chennai (Remote) ( 2020)

Psychological assessments, role plays, case history taking and formulation, alongside case presentations, daily logs and report submissions.

### 7. Make a Difference (NGO) | Regional Strategist at a Pan India Level (March 2020-2021)-PT

Fundraising, teaching children with special needs and working on social and emotional skills development. Got promoted from an Intern to a strategist within a span of 7 months.

8. **Intern** | Element H, Chennai (On Site)

(June/July - 2018)

Psychological assessments, role plays, case history taking and formulation, journal reviews, book reviews, presentations, daily logs and report submissions alongside administration work.

9. **Intern** | Tamil Nadu Government Hospital

(April- May 2016)

Quality of life Research and Presentation on Oncology and Haemodialysis Patients.

## CERTIFICATIONS

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- **Rehabilitation Council of India (RCI) Licence** (forthcoming – to be issued on completion of M.Phil. (Batch of 2024)).
- **Certified Mindfulness Coach**, Happitude Mumbai
- Graduate member to the **British Psychology Society (BPS)**
- **SPSS and its Applications** Certification from Christ University, Bangalore
- PH555x: Improving Global Health: Focusing on Quality and Safety from **Harvard University**  
<https://courses.edx.org/certificates/101607dd5dbc40bf999e58def5b83e05>
- Addiction Treatment: Clinical Skills for Healthcare Providers from **Yale University**
- Confronting trauma from **United Nations Institute for Training and Research (UNITAR)**

## CLINICAL PSYCHOLOGY WORKSHOPS

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- Completed an RCI Approved CRE Professional Training Workshop on '*Trauma-Informed Psychological Interventions*' facilitated by Syam K Ravindran, EMDR and EFT Therapist and Trainer.
- Participated in a Competency Workshop on '*Building Core Competencies for Treatment of Personality Disorders*' organized by NIMHANS alumni, facilitated by Dr. Sathya Rao, Senior Psychiatrist and Director of Spectrum Centre of Excellence for Personality Disorders and Complex Trauma, Australia.
- Participated in a Training Workshop on '*The Administration and Interpretation of the Rorschach Inkblot Test*' facilitated by Dr. P. Tamilselvan, Clinical Psychologist, PSG College of Arts and Science, Coimbatore.

## RESEARCH EXPERIENCE (Paper Publications)

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1. [Impact of Urban Environmental Quality, Residential Satisfaction, and Personality on Quality of Life Among Residents of Delhi/NCR - IOPscience](#)
2. [Young Adult's Consumption Patterns and Attitude towards Minimalist Lifestyle during COVID-19 Pandemic- An Exploratory Study – RJ4ALL PUBLICATIONS](#)
3. [Impact of Adverse Childhood Experiences on the Emotional Intelligence and Future Time Perspectives among Young Adults \(hilarispublisher.com\)](#)
4. [Air Quality Index, Personality Traits and Their Impact on the Residential Satisfaction and Quality of Life: An Exploratory Path Analysis Model - IOS Press](#)

## LANGUAGES

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- Bilingual proficiency in English, Tamil, Punjabi and Hindi.