

# SHAMALI PRASHANT PATIL

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## Psychologist

*Looking forward to challenging assignments to hone my skills, preferably in Mental health hospitals, Clinics and Centers of rehabilitation.*

## SUMMARY

Compassionate psychologist with experience in clinical settings, committed to supporting patients across age groups in addressing emotional, behavioral, and mental health concerns. Skilled in psychological assessment, patient interviewing, and implementing evidence-based therapeutic approaches. Well-versed in psychosocial support, relaxation techniques, and collaborating with multidisciplinary teams to provide holistic care.

## KEY SKILLS

- Child and Adult therapy
- Psychological Assessment & Report Writing
- Behavioural Interventions
- Psychoeducation
- Interpersonal Communication
- Emotional regulation strategies.
- Keen Observation, Empathy & Active Listening Skills.

## PROFESSIONAL EXPERIENCE

### 1. Pragyan Child Development Center

Currently working

**Designation:** Psychologist

- Provide one-on-one therapy to children with Autism Spectrum Disorder (ASD), ADHD, neurodevelopmental disorders, and mental health concerns.
- Plan and implement individualized behavioral therapy based on evidence-based strategies.
- Conduct psychological assessments.
- Collaborate closely with multidisciplinary team members (occupational therapists, speech therapists, special educators) for holistic intervention.
- Provide parent counseling and psychoeducation to support generalization of therapy goals at home.

**2. Podar International School (Akola)****June 2024 – April 2025****Designation:** School Counselor

- Provided individualized counseling sessions to students, addressing emotional, behavioral, and academic concerns.
- Developed and implemented intervention plans for students with ADHD, Autism, anxiety, and other mental health challenges.
- Conducted workshops for students on mental health awareness and coping strategies.
- Led professional development workshops for teachers on stress management and mental health well-being.

**3. Dr. S. R. Chandrasekhar Institute Of Speech And Hearing (Bangalore)****May 2024****Designation:** Clinical Psychology Intern

Worked with children with Autism and ADHD

- Provided one-on-one assistance and support to individuals with autism spectrum disorder, addressing their specific needs and capabilities.
- Applied behavioral intervention strategies as directed by supervisors and therapists to encourage positive behavior and skill growth.
- Worked with children needing remedial support in writing, reading, attention, and memory.

**4. National Institute of Mental Health and Neurosciences (Bangalore)****Sep 2023 – Nov 2023****Designation:** Clinical Psychology Intern

Worked with children and adolescents with Autism, ADHD, Anxiety, Depression, Bipolar disorder and other psychological disorders

- Actively participated in the observation of therapy sessions.
- Attended and observed psychoeducation sessions to enhance knowledge.
- Conducted Mental Status Examination.
- Took Case History.
- Conducted Psychological Testing.

**5. Manas Neuropsychiatry Hospital (Jalgaon)****Mar 2023 – Apr 2023****Designation:** Clinical Psychology Intern

Worked with patients with schizophrenia, OCD, BPD, Anxiety.

- Assessment of patient.
- Conducted Mental Status Examination
- Took Case History
- Conducted Psychological Testing.
- Used CBT techniques to reframe the distorted thoughts of individuals with schizophrenia and OCD.
- Used relaxation methods such as breathing exercises and JPMR to help the patient cope with anxiety and stress.

**Designation:** Clinical Psychology Intern

- Assessment of Patient.
- Remained energetic and demonstrated passion for helping clients by applying active listening.
- Took Case history and conducted Mental Status Examination.
- Identified psychological, emotional or behavioral issues.
- Interacted with clients to assist in gaining insight.
- Counseled individuals regarding problems such as stress, family situations to modify behavior to improve personal adjustment.

**7. Tribal Mensa Nurturing Program (Pune)****Sep 2018 – Jan 2019****Designation:** Research Intern

- Worked on self-esteem of underprivileged gifted girls project.
- Created and conducted psychological testing on self-esteem.
- Collected and recorded data at various field sites for later assessment and data analysis.
- Performed in-depth interviews with research subjects and compiled data and analyses into reports for review by the group leader.
- Used SPSS to enter data into the project database and provided regular updates.
- Participated in team-building activities to enhance working relationships.

**PROJECT**

- **Impact of pet dogs on psychological well-being in the situation of lockdown**  
Bachelor's Dissertation (Dec 2019 – June 2020)  
Approved by SSRN  
Available on Google Scholar, ResearchGate.
  - Reviewed relevant literature review
  - Collected data using Google form
  - Processed and analyzed data
- **Exploring the Impact of Living Arrangement on Humour Style and Resilience: Understanding the mathematics of humour dynamics in human interaction.** (Dec 2023)  
Approved by SSRN  
Available on Google Scholar, ResearchGate.
  - Data Collection
  - Used SPSS
  - Data Interpretation
- **Exploring the impact of parental conflict on romantic attachment styles in young adults.** (July 2024)
  - Data collection
  - Used SPSS
  - Data Interpretation

## BOOK PUBLICATION

- **Exploring the Impact of Living Arrangement on Humour Style and Resilience: Understanding the mathematics of humour dynamics in human interaction.**

ISBN – Eliva Press Global Ltd (Registration No. C22185597)

Available on Amazon

## EDUCATIONAL QUALIFICATIONS

- **MSc Clinical Psychology**  
CMR University (2024)
- **Internship Program in Clinical and Counseling Psychology**  
Beautiful Mind and Soul (2021)
- **BSc Integral Psychology**  
MIT ADT University (2017 -2020)

## LANGUAGES

- |           |      |       |       |
|-----------|------|-------|-------|
| • English | Read | Write | Speak |
| • Hindi   | Read | Write | Speak |
| • Marathi | Read | Write | Speak |