



Name: MEHAR SEHGAL
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OBJECTIVE:

To achieve a successful career in the mental health field and expand my knowledge in every possible way, allowing me to gain experience and utilize my existing skills to the fullest, would be beneficial for everyone.

EDUCATION:

Qualification	Institute	Board / University	Year
M.Sc	SDSOS, NMIMS, Mumbai	NMIMS University	2023-2025
B.Sc.	School of social sciences	Christ (Deemed to be) University, NCR	2020-2023
HSC	DAV SEC-15, Chandigarh	DAV Board	2018-2020
SSC	Sacred Heart Sr. Sec School, Chandigarh	CBSE Board	2006-2018

INTERNSHIP:

Done a proper 1-month internship in CLINICAL PSYCHOLOGY with 2 days of hospital visit under Dr. B.K. Waraich, Senior Psychiatrist at FORTIS HOSPITAL. (2021)
 Done an OFFLINE CINICAL PSYCHOLOGY internship with FORTIS HOSPITAL. In JUNE (2022)
 Done a 15-day (50 hours) online internship in Clinical Psychology for college students at the Department of Mental Health and Behavioral Sciences, Fortis Healthcare. (2023)
 Done 30-day OFFLINE CINICAL PSYCHOLOGY internship at the Mental Health Institute(MHI). IN MAY. (2024)
 Done an OFFLINE CINICAL PSYCHOLOGY internship with FORTIS HOSPITAL. In JUNE (2024)

Clinical Psychology Intern – Semester IV College Practicum (2025)

- Jagruti Rehabilitation Center, Malad
- Thane Mental Hospital, Thane
- Aaryogya Nidhi Hospital, Juhu
- Masina Hospital, Byculla

PROJECTS:

Founding Member & Co-Founder of Whispering Woof NGO works with (Animal Welfare, Environment, Mental Health Advocacy)

Was an active part of the college CSA (Centre of Social Action) team at Christ University.

Also currently working with PEEDU's PEOPLE NGO in CHD.

I have volunteered during the UNSPOKEN Challenge collaboration on behalf of my team, MAITHRI.

First student to independently conduct a workshop with the Bombay Psychological Association (BPA); led session titled "Pawsitive Vibes: How Dogs Sense and Respond to Human Emotions" for the BPA Trust Student Council on 20th December 2024.

CLINICAL RESPONSIBILITIES IN INTERSHIPS

- Conducted structured and semi-structured clinical interviews; collected comprehensive biopsychosocial histories across diverse age groups and diagnoses.
- Performed Mental Status Examination (MSE) and Mini-Mental State Examination (MMSE); proficient in risk assessment for suicidality, self-harm, and substance use.
- Administered brief clinical screeners: PHQ-9, GAD-7, HAM-D, HAM-A, CAGE, AUDIT, BPRS, and other diagnostic aids.
- Trained in standardized psychometric test administration, scoring, interpretation, and report writing:
- Personality: MMPI-2, MCMI-III, BDI-II, TAT, Rorschach Inkblot Test, SCT, HTP, DAP
- Intelligence & Cognitive: MISIC, WAIS, Binet-Kamat Test
- Psychotic Disorders: PANSS
- Used DSM-5-TR and ICD-10 for diagnosis and differential formulation; developed case conceptualizations using CBT, DBT, psychodynamic, and biopsychosocial frameworks.
- Formulated individualized treatment plans with measurable therapeutic goals.
- Delivered counseling sessions addressing depression, anxiety, trauma, schizophrenia, and substance use.
- Applied evidence-based therapeutic interventions, including:
 - Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Enhancement Therapy, Supportive Psychotherapy, Humanistic/Client-Centered Approaches, Psychoeducation and Relapse Prevention, Mindfulness-Based Therapies.
- Conducted psychoeducation sessions for patients and caregivers; facilitated group workshops on addiction recovery, emotional regulation, and mental well-being.
- Observed and integrated practices from Occupational Therapy and Arts-Based Therapy to understand holistic care approaches.
- Participated in grand rounds, clinical supervision, interdisciplinary case conferences, and treatment planning discussions.
- Maintained ethical and professional documentation, adhering to APA's Ethical Principles of Psychologists and Code of Conduct regarding confidentiality, informed consent, and cultural competence.

CLINICAL SKILLS AND CORE COMPETENCIES

- Rapport building and client-centered communication
- Child, Adolescent & Family Therapy
- Trauma-Informed Care
- Grief Counseling
- Therapy for Depression, Anxiety, and OCD
- Evidence-Based Interventions: CBT, DBT, ERP, Play Therapy
- Individual and Group Psychotherapy
- Behavioral & Emotional Issues in Children
- Clinical Case Formulation and Treatment Planning
- Psychological assessment (cognitive, personality, projective, neuropsychological screening)
- Case formulation (CBT, DBT, psychodynamic, biopsychosocial)

- Diagnostic evaluation using DSM-5-TR and ICD-10
- Therapeutic intervention planning and implementation
- Individual counseling and psychoeducation
- Crisis management and suicide risk assessment
- Group therapy and workshop facilitation
- Cultural sensitivity and ethical decision-making
- Clinical documentation and report writing
- Observation of therapeutic modalities (Occupational Therapy, Art Therapy, Humanistic approaches)

ACHIEVEMENTS

Done a Course on PSYCHOLOGICAL FIRST AID from PsychEDD. (2021)

Done Course on BASIC OF HYPNOSIS Organized by COUNSELING HUB. (2021)

Done WORKSHOP related to Mental health on the topic “SMILING FROM THE HEART- FINDING HAPPINESS WITHIN YOU”. (2021)

Done WORKSHOP related to Mental Health on the topic “ACCEPTANCE OF FAILURE”. (2021)

Done a TRAINING course in CBT (Cognitive Behavioral Theory) at INPSYCHE. (2021)

Done a 3-day course on the RORCHACH INKBLOT TEST with the Department of mental health and behavioral sciences, FORTIS. (2021)

Done a 2-day course on POSITIVE PSYCHOLOGY with the Department of mental health and behavioral sciences FORTIS. (2021)

Done a 3-day course on PSYCHO-ONCOLOGY with the Department of mental health and behavioral sciences FORTIS. (2021)

Done a 3-day course on SPORTS PSYCHOLOGY with the Department of mental health and behavioral sciences FORTIS. (2021)

Done a 3-day course on ART THERAPY with the Department of mental health and behavioral sciences FORTIS.(2021)

Done a 2-day course on SCHOOL PSYCHOLOGY with the Department of mental health and behavioral sciences FORTIS. (2021)

Participated in a DELEGATE IMUN (INTERNATIONAL MODEL UNITED NATIONS) Conference for 2 days. (2021)

Done UN Sustainable Development Goals (SDGs) QUIZ.

Done a NATIONAL Pre-conference workshop on FORENSIC HYPNOSIS FOR REDEMPTION, REHABILITATION, AND REFORMS organized as a part of the National Conference. (2022)

Done an INTERNATIONAL MENTAL HEALTH Webinar series on “ LEAD OR BLEED- TAKE CHARGE OF YOUR LIFE”.(2023)

Participated in the Bharat Panchal Dialogues in Mental Health, the FORTIS ANNUAL PSYCHOLOGY CONFERENCE for 7 days, organized by the Department of Mental Health and Behavioural, Fortis Healthcare in association with O.P.JINDAL SCHOOL OF PSYCHOLOGY & COUNSELING. (2023)

Presented a paper titled “A COMPARATIVE STUDY ON PSYCHOLOGICAL WELL-BEING, EMPATHY, AND HAPPINESS LEVELS AMONG PET OWNERS AND NON-PET OWNERS” at a UG-PG National Conference on Psychological Research: Current and Future Directions. (2023)

Done Dissertation titled “A COMPARATIVE STUDY ON PSYCHOLOGICAL WELL-BEING, EMPATHY, AND HAPPINESS LEVELS AMONG PET OWNERS AND NON-PET OWNERS”. (2023)

Done Dissertation titled “THE CORRELATION BETWEEN SELF-ESTEEM, SOCIAL VALIDATION, AND SOCIAL COMPARISON: EXPLORING PSYCHOLOGICAL EFFECTS ON INDIVIDUAL WELL-BEING”. (2025)

TECHNICAL SKILLS:

Excellent interpersonal and communication skills.

Strong research and analytical skills.

Good with Interpersonal Skills, Problem-Solving, and Critical Thinking.

Excellent organizational and time management abilities.

Ability to work effectively in a multidisciplinary team.

EXTRA-CURRICULAR ACTIVITIES:

Worked as a Sub-Head of PsychShop at the university.

SOCIAL RESPONSIBILITIES

Running my ngo with the motto of We believe in a world where every stray is cared for, the environment is protected, and mental health is prioritized.

Serving the local stray animals

Rescuing street animals

Organize community cleanups or tree planting events.

Mental health education and outreach

AREAS OF INTEREST

Social Service

Research

Environmentalism

HOBBIES

Reading books

Watching psychological documentaries/series

Spending time with pets

Cooking/baking

LANGUAGES KNOWN

English

Hindi

Punjabi