

**SANJINA BOSE**  
**CLINICAL PSYCHOLOGIST**  
**CRR: A84824**

## Contacts

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## Education

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- **MPhil Clinical Psychology (RCI)-** SGT University (2020-2022)
- **MA in Applied Psychology (with specialization in clinical psychology)-**Tata Institute of Social Sciences (BALM – Chennai) (2017-2019)
- **BSc in Clinical Psychology -** Amity University Haryana (2014- 2017)

## Skill Highlights

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- Cognitive behavior therapy
- Dialectical behaviour therapy
- Prolonged exposure
- Behaviour therapy
- Motivational enhancement therapy, relapse prevention therapy
- Relaxation training
- Gestalt therapy, psychodynamic approach (brief)
- Eclectic therapy
- Counselling skills
- Active listener and good interpersonal skills
- Proficiency in conducting psychological assessments
- Case management
- Culturally sensitive and adaptive
- Research
- Report writing

**Profile summary:** RCI registered Clinical Psychologist dedicated to providing compassionate support through assessments, diagnosis, and evidence-based psychotherapy. Experienced in aiding individuals with mental illness, emotional challenges, and interpersonal struggles. Committed to fostering growth, resilience, and well-being in a collaborative and empathetic environment

## Experience

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- **Clinical psychologist at Lissun (July 2023- present):** The position entails recognizing and assessing psychological, emotional, and behavioral concerns. This includes performing psychodiagnostics evaluation and creating and executing treatment strategies and therapeutic protocols.
- **Consultant clinical psychologist at Sri Aurobindo Society- Project Inclusion (Nov 2022- June 2023):** My role involves designing of intervention, assessment questionnaire, taking project orientation sessions with teachers, parents and education officers, design screening tools and content for teachers, parents, and children along with supporting the planning of special education initiative and the implementation of initiatives in Inclusive education
- **Consultant Clinical psychologist at The Safe Couch (Freelance Jan 2023 – present):** Role involves identifying and diagnosing psychological, emotional, or behavioural issues, conducting psychodiagnostics assessments and developing and implementing treatment plans and therapeutic processes
- **Consultant Clinical psychologist at Mindscape Centre for counseling (freelance October 2022- present):** Role involves identifying and diagnosing psychological, emotional, or behavioural issues, conducting psychodiagnostics assessments and developing and implementing treatment plans and therapeutic processes.
- **Psychologist at Cure Fit (partner therapist May 2020 – Sep 2020):** As a psychologist I took emotional first-aid session and individual therapy sessions. I worked across all ages on issues like anxiety, depression, adjustment and relationship issues, stress and coping and personal growth.
- **Case Manager at Autism Centre for Excellence [July 2019-January 2020]:** As a case manager I was responsible in making Individualized Education Plan based on ABA model along with team of specialists which included classroom manager and program specialists (BCBA), conducting regular assessments and providing weekly progress reports, monitor and evaluate student educational and behavioral progress.

## Assessments Highlights

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- Bender gestalt test
- Wilcoxon cord sorting test,
- Binet's test of intelligence
- Minnesota multiphasic personality inventory
- IPDE
- Millon Clinical Multiaxial Inventory
- 16 personality factor questionnaire
- Rorschach psychodiagnostics
- P. G. I. Battery of Brain Dysfunction
- Luria-Nebraska Neuropsychological Battery
- AIIMS BATTERY
- Sentence completion test
- Thematic apperception test
- Developmental psychopathology check list
- Child behaviour checklist
- Rating scales: scales of different clinical conditions such as anxiety, depression, mania, OCD, phobia, panic disorder etc. including Y-BOCS, BDI, STAI, HADS, HARS, SANS, SAPS, PANSS, BPRS
- Malin's Intelligence Scale for Indian Children

## Languages

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- English
- Bengali
- Hindi

## Internships

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- **National Institute of Mental Health and Neuro Sciences (NIMHANS 1 month April 2019):** Posted under Department of Psychiatry under supervision of junior resident and MPhil scholars
- **National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD Nov 2018- Feb 2019):** Observed functioning of different department in the organization and conducted assessment with MPhil scholars. Prepared modules and conducted group session on self-care for caregivers
- **Schizophrenia Research Foundation (SCARF Jun 2018 to sep 2018):** Observed OPD under supervision of psychiatrists, took case histories, conducted group sessions in vocational training center, administered assessments including Rorschach inkblot test, thematic apperception test and intelligence tests, conducted self-stigma intervention. contributed to research paper by writing discussion, literature review, data entry, data cleaning and data analysis
- **The Banyan, Chennai (April 2017-Feb 2018) :** Conducted group sessions and took case histories of inpatients and outpatients. Worked on rescue and reintegration of clients. Conducted community awareness programs
- **Vidyasagar Institute of Mental Health & Neurosciences (VIMHANS), Delhi (May 2016- Jun 2016):** Observed outpatient department under supervision of senior psychiatrists, took case histories and observed group sessions in inpatient department. conducted group sessions at day care center. Participated in several workshops on expressive art therapies
- **Columbia Asia Hospitals (Manipal Hospital May 2015- Aug 2015):** Observed therapy session and relaxation therapy, administration of psychological assessments, assisted in follow ups.