

Cell No.: +91 8802068786

E-Mail: mirzakahkashan@gmail.com

KAHKASHAN MEHTAB ATIYI

CONSULTANT PSYCHOLOGIST



Rehabilitation Council of India (CRR No.): **A64835 (RCI)**

Current : **Child Psychologist – at Pediatrics dept, Hamdard Institute of Medical Science & Research and Associated HAH Centenary Hospital, New Delhi**

Start Date: **August '2023 – Present**

Respected Concern *Greetings of the Day!*

Thank you for providing me a great opportunity to present before you, few details are hereunder to let you know better about me.

Licensed psychologist young energetic, looking to join an established organization. Over 5.5 years of experience working for various healthcare organizations.

PROFESSIONAL SUMMARY

- 👉 Dedicated to serving patients in a meaningful way, listening to their concerns, and helping them learn how to approach their mental, emotional, and behavioral problems.
- 👉 Excel at providing children, adolescents and adults with individual psychotherapy to help them facilitate social, vocational, and personal adjustment to allow them to lead more meaningful and fulfilling lives.

EDUCATIONAL QUALIFICATION

- 👉 Master Degree: Clinical Psychology from IGNOU University - New Delhi (2016)
- 👉 Master Degree: Clinical Research from Manipal University - Gangtok (2010)
- 👉 P. G. Diploma: Community Mental Health for Psychologist from NIMHANS- Bangalore (2020)
- 👉 P. G. Diploma: Rehabilitation Psychology from NIEPVD- Dehradun (2018)
- 👉 P. G. Diploma: Chemo-informatics from Jamia Hamdard - New Delhi (2008)
- 👉 Bachelor Degree: Life Science from CSJM University - Kanpur (2006)
- 👉 Certificate: Integrating Child Protection & Mental Health Perspectives Into Interventions for Children with Disability –NIMHANS (May2022)
- 👉 Certificate: Stress Management Course - IIT Kharagpur (Nov. '2016)
- 👉 Certificate: Over view of Psychiatry Course - IIT Kanpur (March '2016)
- 👉 Certificate: Neuro developmental and Behavioral Disorders in children - GRIPMER, New Delhi (July '2016)

ACCREDITATION

- 👉 Faculty Development Program on “**Perspective in Mental Health and Psychotherapy Post COVID-19**” During 13th - 17th July ‘2020. Organized by Amity Institute of Psychology and Allied Science, Amity University Kolkata.
- 👉 “**Online training of psychologists for providing brief & basic telephonic psychological support in the context of COVID-19**” conducted by the Dept. of Clinical Psychology, NIMHANS - Bangalore (2020).
- 👉 **Graphology (hand writing analysis and signature analysis)** training for psychologist conducted by Indian Institute of Graphology - New Delhi (2016).
- 👉 **NLP (Neuro Linguistic Programming)** Basics practitioner Training - New Delhi (2015).
- 👉 **Office Assistant** Diploma from - New Delhi (2011).
- 👉 “**Training in Self-Defence Techniques**” conducted by the Special police Unit for Women & Children- New Delhi (2010).
- 👉 “**Road Safety Awareness Summer Camp**” conducted the Deputy Commissioner of traffic Police-New Delhi (2010).
- 👉 **Urdu language** Diploma from NCUL - New Delhi (2006 - 2007).

WORK EXPERIENCE (1st Sep. ‘2014 - till date)

- 👉 Volunteering as Telephonic Child Counselor – NCPDR- New Delhi
- 👉 Worked as Asst. Child Psychologist – Swastik Intervention & Rehabilitation Center(2019-23).
- 👉 Worked as Trainee Psychologist – NIEPVD – Dehradun (2017-18).
- 👉 Intern - Clinical Psychology Dept., Santosh Medical College & Hospitals – Ghaziabad (2014).

IN INTERNSHIP:

- 👉 Three days - Internship on Expressive Arts Based Therapy, Department of Mental Health and Behavioral Science, Forties Healthcare Limited.
- 👉 15th days - Internship on Clinical Psychology, Department of Mental Health and Behavioral Science, Forties Healthcare Limited.
- 👉 Two months - Post Graduate Diploma Internship Program in Rehabilitation Psychology.
- 👉 Six months - Masters Internship Program in Clinical Psychology. (The format of the internship included internal assessment, case submissions, case presentations various clinical postings under different clinical supervisors).

RESPONSIBILITIES:

- 👉 Attending to patients suffering Depression, PTSD, Anxiety, Panic attack, Personality disorders, Intellectual disabilities and Conduct disorder, Special need children, Autism, ADHD & Cerebral palsy etc...
- 👉 Taking their case histories and making a clinical assessment using Mental Status Examination (MSE), Interviews, Observation and Diagnosis.
- 👉 Bio - feedback therapy and sessions as their diagnosis.
- 👉 Worked with troubled youths to improve anxiety, aggression, depression and unhealthy behavior.

- 👉 Worked as part of the counseling team and conducted one-on-one therapy sessions.
- 👉 Organized group and couple therapy activities and exposure in various Child & Adult Therapy Techniques.
- 👉 Maintained full and comprehensive client reports and implementing patient treatments plans.
- 👉 Provided official case reviews and liaised with community services where necessary.
- 👉 Performed on-call duties.
- 👉 Expertise in diagnosing, identifying, and treating various psychological conditions (Childhood & Adult Disorders) in the DSM-5 and ICD 11.

RESEARCH PAPERS

- 👉 Case Report of the Effects of Jacobson Muscle Relaxation Technique on Stress.
- 👉 Parenting of children with special needs- A comparative study on successful and unsuccessful cases.
- 👉 Stress Among Married Indian Women Working in IT Sector – An Overview
- 👉 Effect of Abacus Training on Mathematical Anxiety.
- 👉 Relation between Abacus Training and Intelligence and its impact on Mathematical Skill.

PRESENTED IN SEMINARS/CONFERENCES:

- 👉 Paper entitled “Parenting of children with special needs- A comparative study on successful and unsuccessful cases” presented in National Seminar on “Positive Childhood and parenting in Contemporary times” organized by Amity Institute of Psychology and Allied Sciences, Noida UP on 27th September, 2019.
- 👉 Paper entitled “Stress among Married Indian Women Working in IT Sector- An Overview” presented in International Conferences on “Health and Well-being: An Interdisciplinary Inquiry” Organized by the Dept. of Psychology, Jamia Millia Islamia, New Delhi on 22nd – 23rd March ‘2017
- 👉 Paper entitled “Relation Between Abacus Training And Intelligence And Its impact On Mathematical Skill” presented in International Conferences on “Wellbeing and Human Development” organized by the Department of Psychology, University of Aligarh on 24th - 26th Nov. ‘2014.

PUBLICATIONS:

Mirza Kahkashan Mehtab Atiyi, haripriya, Hemraj P Jangir, Case Report of the Effects of Jacobson Muscle Relaxation Technique on Stress. Published on EC Clinical And Medical Case Report, Volume 4 issue 8-2021

ATTENDED AND CONDUCTED CONFERENCES/ SEMINARS/ WORKSHOPS

- 👉 **“Online Webinar on Disaster Management post Covid-19”** on 3rd March ‘2021, Organized by UGC-HRDC Gujarat university, Ahmedabad.
- 👉 **“Online Webinar on Yoga & Wellness”** on 1st March ‘2021, Organized by UGC-HRDC Gujarat university, Ahmedabad.
- 👉 **“Online Webinar on Education & MOOCs”** on 26th February ‘2021, Organized by UGC-HRDC Gujarat university, Ahmedabad.
- 👉 **“Exercising Legal Rights of Girls and Women with Disabilities”** on 23th to 27th Nov2020,organized by National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan), Chennai.
- 👉 **“Holistic Care of Kids with Special Needs in Present pandemic Challenging times”** workshop on 7th August ‘2020, National Institute of Speech and Hearing Disabilities (Divangjan) Regional Centre, Seunderbad.
- 👉 **“COVID-19 : Challenges Before Women in Different Sectors”** on 3rd August to 9th August ‘2020, Webinar Organized by Ahalyabai Postgraduate Centre for Women’s Studies, Research & Extension, Karnataka State Akkamahadevi Women’s University.
- 👉 **“Introduction to positive Psychology”**, workshop on 2nd August ‘2020, Dept. of Mental Health and Behavioural Sciences, Forties Healthcare Limited.
- 👉 **“Introduction to Music and Movement in therapy”** on 1st August ‘2020, Dept. of Mental Health and Behavioural Sciences, Forties Healthcare Limited.
- 👉 **“Introduction to Psycho-oncology”**, workshop on 28th July ‘2020, Dept. of Mental Health and Behavioural Sciences, Forties Healthcare Limited.
- 👉 **“Introduction to Psychotherapy”**, workshop on 29th July ‘2020, Dept. of Mental Health and Behavioural Sciences, Forties Healthcare Limited.
- 👉 **“Cognitive Behaviour Therapy and Mindfulness based Therapies”**, National level Webinar on 29th June ‘2020, Organized by the Dept. of psychology, St. Francis College, Koramangala, Bengaluru.
- 👉 **“Rorchach-Exner System”**, Workshop on 19th-21st June, 2020, Dept. of Mental Health and Behavioural Sciences, Forties Healthcare Limited.
- 👉 **“Introduction to School Psychology”**, Workshop on 17th-18th June, 2020, Dept. of Mental Health and Behavioural Sciences, Forties Healthcare Limited.
- 👉 **“Psychological Interventions in COVID-19: A Therapeutic Approach”**, National Webinar on 17th June 2020, Organized by the Dept of Psychology & IQAC, St. Joseph’s College for Women, Visakhapatnam, Andhra Pradesh.
- 👉 **“Development of Healthy Self-Esteem in COVID-19”** National Webinar on 10th June2020, Conducted by the Dept of Social Work & IQAC, Hindustan College of Arts & Science, Kelambakkam, Chennai.
- 👉 **“Emotional Awareness & its Impact on Bio-psychosocial Immunity”** International Webinar Session on 5th June 2020, Conducted by Indian Academy of Applied Psychology.
- 👉 Intensive Training Workshop **“Cognitive Behavioral Therapy- with Special Focus on Adolescents & youth”**, Moolchand Hospital, New Delhi(18th April 2018).

- 👉 **“Cognitive Assessment And Evaluation In Children And Adolescent”** Workshop on the occasion of 1st Neuro Ped Con, Max Super Specialty Hospital, Dehradun (16th -17th Dec. 2017)
- 👉 **AIDS workshop** Govt. Health Sector, Dehradun (Sep. 2017)
- 👉 An Interactive Seminar on **“Cognitive Behavioral Approach With Couples & Families”**, Moolchand Hospital, New Delhi (8th July 2017)
- 👉 **“Case Studies and Clinical Appraisal session - III on Borderline Personality Disorder”**, Moolchand Hospital, New Delhi (20th May 2017)
- 👉 **“Barefoot Basic Counseling Skills”** Workshop (1st -30th Nov. ‘2016).

CRE POINTS: Continuing Rehabilitation Education.

- 👉 **WHO** Online 10 courses on Covid-19 (50 CRE points).
- 👉 **Social Communication Disorders** (18 CRE points).

LECTURES / TALKS DELIVERED

- 👉 Lecture on **“Multiple Disorders”**, 2018, delivered at clinical psychology dept. NIVH, Dehradun.
- 👉 Lecture on **“Empowerment and vocational training for disable person”**, 2017, delivered at clinical psychology dept. NIVH, Dehradun.
- 👉 Lecture on **“Slow Learner”** delivered in the “Training Programmed in Counseling for pare Medical students from 6th Oct. to 24th Oct.’2014, organized by the SMC&H - Ghaziabad, on Oct. 10th ‘2014.
- 👉 Lecture on **‘Piaget’s Psychological Development’** delivered in the ‘Training Programmed in posting of paramedical students from 11th Sept. to 20th Sept.’2014, organized by the SMC&H - Ghaziabad on September, 17th ‘2014.

REFERENCES

- 👉 Available upon request.
(The information provided above is confidential, being shared and must be used for the employment purpose only and is correct & true to the best of my knowledge.)

Thanks & Regards,

PRESS ICON TO: Call:
8802068786



WhatsApp:
8802068786



Mail:
mirzakahkashan@gmail.com



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