

TANYA MATHUR

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Professional Summary

Compassionate and client-centered professional polished in identifying potential disorders in clients and developing successful treatment plans and therapeutic processes. Accommodating and warm individual possessing strong observational skills and in-depth understanding of human behavior. Offering comprehensive background conducting psychological tests, interviewing patients and monitoring patient progress, as well as supporting sub-clinical clients in the journey of their growth.

Skills

- Clinical Interviewing
- CBT, ERPT, DBT
- Mindfulness based therapies
- Research and reviewing
- Family and couple therapy
- Cognition Assessment and intervention
- Diagnosis and Evaluations
- Group therapy
- Interpersonal skills
- Behaviour Analysis and modification

Work History

Clinical Psychologist, Wellbeing Specialist

09/2023 to 6/2024

Google Process, Concentrix Daksh Services India Pvt. Ltd. – Gurugram, Haryana

- Conducting Group sessions on regular basis to cater mental well-being of content moderators.
- Conducting Peer-support counseling sessions
- Conducting group-therapy sessions
- Psychotherapy sessions, which includes crisis management.
- Crafted and delivered workshops on stress-management, psychological safety, emotion regulation, resilience, workplace bullying, trauma-sensitization, basic life support and many more.
- Delivered training to leaders in "Empathizing Leadership Training – using transactional analysis approach".
- Actively engaged with team members, providing one-on-one support and creating a supportive community.
- Managing data on google sheets/Microsoft Excel
- Collaborating with clients (Googlers) to review employees well-being weekly/monthly/quarterly basis and developing innovative programs in the whole wellbeing program.

Clinical Psychologist

04/2023 to 08/2023

Physician Oasis Health – Greater Kailash, Delhi

- Conducting clinical case formulations
- Diagnosing and treatment psychiatric conditions such as bipolar disorder, gambling disorder, depression, panic disorder.
- Conducted psychometric assessments, such as NIMHANS neuropsychological battery for adults, NIMHANS SLD battery, BDI.
- Psychotherapy sessions plan for disorders such as depression, panic disorder, gambling disorder, alcohol addiction, couple therapy.
- Crafted and delivered workshops on Gaming Disorder, Cyber-bullying in Lycée Français International de Delhi.
- Invited as a guest speaker at Keshav Mahavidyalay, DU, on Psychological First-Aid.
- Supervised interns.
- Report writing and therapy notes writing.
- Research writing.

Clinical Psychology Trainee

11/2020 to 01/2023

King George's Medical University – Lucknow, Uttar Pradesh

- Performed intake by conducting interviews to establish key information as well as assessing patients' apparent mental state.
- Observed clinical psychology staff and attended 400 hours of supervision in therapy and around 200 psychometric assessments to develop practical knowledge and abilities.
- Assisted licensed practitioners in diagnosis and treatment of psychiatric conditions such as OCD, Depression, Anxiety, Gender Dysphoria, Bipolar and Personality disorders.
- Wrote reports on clients and maintained required paperwork.
- Performed psychometric assessments for IQ (VSMS, GDT, SFBT, DST, MISIC, WISC, WAIS, SPM, CPM), Personality (MCMI-3, 16 PF, NEO-PI, SSCT, TAT, DAPT, HTP, RORSCHACH INKBLOT TEST), neuropsychological assessment (NIMHANS battery [child & adult], PGI-BBD, WMS, Addenbrooke's Cognitive Examination) and others (ISAA, VANDERBILT, CBCL, DPCL, Gender Dysphoria Rating Scale, YMRC, PANSS, HAM-D, HAM-A, BDI, Beck Suicide Intent Scale, YBOCS, D-YBOCS, CY-BOCS, NIMHANS SLD Battery).
- Assisted in other departments such as Pain Clinic of Oncology, Geriatric Dept, Neurology Dept and community posting.

Clinical Psychology Intern

06/2018 to 08/2018

Mental Health Clinic Centre – New Delhi

- Collected information about individuals or clients using interviews, observational techniques and other assessment methods.
- Assisted clients with gaining insights, establishing clear goals and planning strategies to reach personal targets.
- Administered, scored and interpreted psychosocial examinations for assessment of different patient markers.
- Tests administered were NIMHANS SLD battery, MISIC, BKT, VSMS, and Bhatia's Battery.

- Critically analyzed and interpreted reports across many healthcare domains.
- Assisted in organizing workshops and research paper writing.

Clinical Psychology Intern

05/2017 to 06/2017

Fortis Hospital – New Delhi

- Observed clinical psychology staff and attended 100 hours of supervision to develop practical knowledge and abilities.
- Observed intake of interviews to establish key information as well as assessing patients' apparent mental state.
- Leverages excellent oral and written communication skills to interact professionally with staff and clients.

Clinical Psychology Intern

06/2016 to 07/2016

Fortis Hospital – New Delhi

- Observed clinical psychology staff and attended 100 hours of supervision.
- Observed intake interviews, psychometric assessments of children and adults.
- Remained energetic and demonstrated passion for helping clients by applying active listening.

Education

Master of Philosophy: Clinical Psychology

01/2023

King George's Medical University - Lucknow, Uttar Pradesh

- Dissertation: To study bayesian learning and decision making in adult patients with OCD and their first-degree relatives.

Master of Arts: Applied Psychology (Specialization in Clinical)

08/2020

Gautam Buddha University - Greater Noida, Uttar Pradesh

- Thesis Paper: Effect of Adverse Childhood Experiences on attachment style in relations to emotion regulation and suicidal ideation.

Bachelor of Arts: Applied Psychology

07/2018

Amity University - Noida, Uttar Pradesh

- Thesis Paper: To study the effect of work engagement on quality of life.

Hobbies

In my leisure time, I engage in a diverse range of hobbies that nourish my mind, body, and soul. Immersing myself in the world of literature through reading books. The outdoors beckon me, as I relish the joy of outdoor activities that revitalize my spirit and keep me connected to nature's beauty. I love cooking also, it is like stress buster for me and a mindful activity which soothes my taste-buds as well as my soul. Yoga and meditation form an integral part of my routine, helping

me find balance amidst life's hustle. Altogether, these hobbies reflect my passion for holistic wellbeing, intellectual growth, and zest for embracing life's wonders.

Languages

Hindi	English
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Upper intermediate (B2)	Upper intermediate (B2)