

SABANA YASHMI

SUMMARY

Expertise in assessing, diagnosing, and developing care plans for emotional, behavioral, and psychological disorders.

EXPERIENCE

Bhumi, 04/2016 - 08/2016

Mentor - Bangalore

- Facilitated activities and discussions to promote self reflection and personal growth.
- Assisted with teaching children life skills.

Associate of People for Action & Rehabilitation

Internship - Noida

- Gained insight into optimal client interactions by observing therapy sessions of licensed professionals.
- Engaged in community outreach efforts aimed at increasing awareness of mental issues and reducing stigma.

Rampurhat Medical Hospital

Internship - Rampurhat, WB

- Facilitated administration and scoring of diagnostic tests.
- Observed and documented client behaviors during sessions.

EDUCATION AND TRAINING

Master of Philosophy, Clinical Psychology, 11/2024

Institute of Psychiatry - Kolkata, West Bengal

- **Thesis or Dissertation Title:** A study on role of attitude towards fertility, coping and personality trait on marital quality of married women with Polycystic ovarian syndrome (PCOS).
- applications of psycho diagnostic tools, case conceptualizations, formulating management plan for therapy.

Diploma in Counseling and Integrated Therapies, 08/2022

Inpsyche- The Inside Key - Delhi

- Case history taking and principles of psychotherapeutic techniques

Master of Arts, Applied Psychology, 07/2019 Amity University - Noida, UP

- **Projects and Research:** A study on the quality of life and subjective happiness of final year male and female university students- comparative study.

Bachelor of Arts, Psychology, Journalism and Women Studies, 06/2015

Indian Institute of Psychology and Research - Bangalore

• **Projects and Research:**

Study on Contemporary Abuse and Victimization of Townswomen owing their preferred Gender Identity and Psychological Implication.

- A Study on the Social Maturity of the children using the Vinland Social maturity scale.



CONTACT

Address: KOLKATA 700025

Phone: 9632489428

Email: yashmi.sabana03@gmail.com

SKILLS

- Patient Screening
- Behavior Analysis
- Psychological Testing
- Crisis Intervention
- Treatment Programs
- Psychotherapeutic skills

LANGUAGES

Bengali: First Language

English: Proficient

Hindi: Proficient