

Resume

Name: Anantika Tehlani

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Educational Qualification:

Currently pursuing PhD in Clinical Psychology from Amity

University,Noida.

MPhil Clinical Psychology from Institute of Human Behaviour and Allied Sciences(IHBAS) Delhi, University of Delhi.(2019-2021) 1st Division -RCI Licensed.

CRR Number: A81546.

M.Sc. in Clinical Psychology from SGT University, Gurgaon.(1st class 1st with Distinction-Gold Medallist) (2017-19).

Qualified UGC Net For Assistant Professor in Psychology(2018).

B.A.(Hons.) Psychology,from Loreto College, Calcutta University.(2014-17)-1st Division.

Clinical Skills

Assessment and Diagnosis:

- Clinical Diagnosis, Psycho diagnostic Assessments (Rorschach Inkblot Test, SCT,TAT)
- Personality Assessment(16 PF,EPQ)
- Neuropsychological Assessment (Luria Nebraska Neuropsychological Battery, PGI-BBD, Bender-Gestalt screening test,MMSE)
- Intelligence Test (VSMS, DST, MISIC, BKT, WAIS-IV, WAPIS,Bhatia Battery)
- Assesment for Childhood Disorders (Autism Spectrum Disorder, ADHD, Specific Learning Disorders)

Therapy: Behavior Therapy, Cognitive Therapy, Marital Therapy, Mindfulness and Relaxation Based Therapy, Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Exposure and Response Prevention, Interpersonal Therapy, Positive Psychotherapy, Supportive Psychotherapy, Behaviour Modification.

Other: Excel, Word, Power point

Work Experience

- ☐ Trainee Clinical Psychologist, IHBAS, Delhi India October 2019- December 2021.
 - Clinical Assessment, Diagnosis and Therapeutic interventions for patients on OPD and IPD basis
 - IQ assessment for Intellectual Disabilities, Psycho-diagnostic assessments.
 - Detailed psycho-diagnostic report writing and treatment planning
 - Providing Psychotherapies, Behavior Modification and Rehabilitation facilities for over 600 hours on OPD and IPD basis under supervision.
 - Clinical interviewing of more than 500 patients for psycho-diagnostic assessment and therapy in 2 years.
- ☐ Worked as an Educator for Power Within Education, mentoring and training students for MPhil Entrance exams.
- ☐ Worked as a full time Consultant Clinical Psychologist at Psymate Clinic, Noida from January to August, 2022
- ☐ Working as a full time Assistant Professor at Faculty of Behavioural Sciences, SGT University. -August, 2022–Present

Research Experience:

Supervised 1 Undergraduation and 2 Post Graduation Theses for students in the academic session for the year 2022-23.

Completed a research on: A study on Interpersonal communication among individuals with Dark Triad Personality traits as part of the MPhil dissertation.

Published a scientific paper on the topic: Social and Mental health concerns after Covid 19: Need for Public Health Policy in The International Journal of Indian Psychology.

Presented a scientific paper on '15 Park Avenue: A Qualitative Movie Analysis on Schizophrenia' in the International Conference on Cognitive Behavioural Interventions (1CCBI) organised by Faculty of Behavioural Sciences, SGT University and the Indian Association of Cognitive Behaviour Therapy (IACBT)

Completed Research Dissertation on the topic Impact of Narcissistic Tendencies on the Self Esteem and Interpersonal Relationships among University students as part of the Master's Program in Clinical Psychology.

Completed a Research Dissertation on the topic: Effect of Social Media on Narcissistic and Alexithymic propensities of young adults, as part of the BAHons Program in Psychology.

Achievements :

Awarded Certificate of Recognition for Publication of Research Article in the International Journal of Indian Psychology.

Awarded 1st prize in Debate on the topic: "Role of technology in Human Cognition: Vision 2030, on University foundation day.

Awarded 2nd prize in Quiz on Psychological Applications, on the University Foundation Day.

Visited Migrant shelter homes in the various districts across Delhi to provide Counseling and Therapy sessions to the underprivileged migrant workers stranded during the lockdown due to Covid-19 in the months of April-June, 2020.

Awarded for excellent and efficient organisation for the annual inter college fest 'Samagam' for Loreto College, Kolkata.

Headed a project on the Neuropsychological Assessments in State level organised college event "Synergy.

Awarded with the prestigious Vashisth Samman Award, for being an outstanding performer in academic and non academic spheres, exhibiting exemplary conduct and being a role model for school students.

Conducted regular story telling and counseling sessions for the Underprivileged children organised by the Seagull Foundation of Arts.

Workshops, Seminars and Conferences:

Invited as a Resource Person on 'Gratitude Interventions' at the Faculty development Programme of the University

Attended a 4 day Faculty Development Program on Qualitative Research Methods organised by FBS, SGT University

Conducted a workshop on How to prepare for MPhil for aspirants, organised by Cosas Community.

Attended a day Workshop Series on "Queer Affirmative Therapy" organised by Karma Counseling Centre, New Delhi.

Conducted a webinar and awarded certificate of recognition on the topic MPhil Clinical Psychology Entrance exam preparation organised by Power Within Education.

Attended a Workshop on "How to plan a Counseling Session" by Ms. Saniya Bedi, Counseling Psychologist

Attended a workshop on Mindfulness: Third wave Psychotherapy by Mr. John Victor of Mindsolace Psychological Centre, New Delhi.

Attended a National Conference on "Psychological Applications and Interventions: Reaching out and Making a Difference" at Daulat Ram College, University of Delhi.

Attended Workshop on "Depression" in Daulat Ram College, University of Delhi. Attended a National seminar by Indian Psychiatric Society, on Behavioural and Learning problems in

School

Attended National Seminar,titled "Contemporary approaches to Psychotherapy" ,ICSSR sponsored.

Participated in a Psychology talk on Art therapy by Internationally acclaimed psychologist Rachel Weisel

Have been a part of the British Council Summer course and achieved the 'Excellent' criteria along with 100% attendance.

Have been an active member during the college fest and participated enthusiastically in the college event of the Psychology society;Kalakriti(involving first hand interaction with specially abled children)

Internships:

Internship for 2 months at Institute Of Psychiatry,Department of Clinical Psychology,Kolkata.

Internship at Iswar Sankalpa,Ngo for intellectually deficient, under privileged women to design and teach study material and basic daily adjustment and social skills.

Internship at "icanflyy"-A vocational training center for special needs youngadultsinKolkata.

Internship at Indian Institute of Cerebral Palsy(IICP), Kolkata

References:

Dr. Vibha Sharma

Professor, Additional Hod and Clinical Psychologist;Institute of Human Behaviour and Allied Sciences,Delhi

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