

# NAHAAN ZEAHBA RASHEED

I AM AN ASPIRING PSYCHOLOGY PROFESSIONAL CURRENTLY PURSUING MY POST-GRADUATION IN GENERAL PSYCHOLOGY. MY ACADEMIC JOURNEY AND INTERNSHIP EXPERIENCE HAVE HELPED ME BUILD A STRONG FOUNDATION IN TAKING CASE HISTORIES, CONDUCTING MENTAL STATUS EXAMINATIONS (MSE), AND INTERACTING WITH CLIENTS OF DIFFERENT AGE GROUPS. I AM PASSIONATE ABOUT UNDERSTANDING HUMAN BEHAVIOR, DEVELOPING THERAPEUTIC SKILLS, AND CONTRIBUTING TO MENTAL WELL-BEING THROUGH EMPATHETIC AND ETHICAL PRACTICE. I BELIEVE IN CONTINUOUS LEARNING AND AM EAGER TO GROW FURTHER THROUGH REAL-WORLD EXPERIENCE IN THE FIELD OF PSYCHOLOGY.

 Thrissur, Kerala, India

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 31/12/2001

## Technical Skills

- Case History & Mental Status Examination (MSE)
- Report Writing & Documentation
- Digital Literacy in Psychology
- Behavioral Observation

## Personal Skills

- Strong Communication skills
- Active Listening
- Rapport Establishment
- Empathy
- Emotional Stability
- Problem Solving
- Adaptability
- Time Management

## INTERNSHIP

**Psychology Intern - Leela Hospital**  
June 2024 - July 2024

- Developing skills in conducting psychological assessments, administering tests, and understanding diagnostic criteria.
- Enhancing communication, critical thinking, and ethical decision-making skills, and learning to work collaboratively with clients and colleagues.
- Gaining insight into the roles, responsibilities, and challenges faced by professionals in the field of psychology.
- Gaining experience in building therapeutic relationships, managing client sessions, and applying intervention

**Assistant Psychologist - Hope Rehabilitation Centre**  
April 2023 - May 2023

- Gain a deeper understanding of the stages of child development, common behavioral issues, and how various factors (e.g., trauma, disability, environment) affect a child's psychological and emotional well-being.
- Learn to assist in psychological assessments, including the administration of standardized tests and the observation of children's behavior to help in diagnosing developmental or psychological issues.
- Develop knowledge of therapeutic approaches and interventions used in child rehabilitation, such as occupational therapy, behavioural therapy, play therapy and family counseling and how to apply the minder supervision.

## Certificates

Certificate on Autism Spectrum Disorder  
Certificate on Learning Learning  
Disability -Interventions,  
Accommodation and Policies

## Educational Background

**Master of Arts in Psychology**  
Lovely Professional University,  
Punjab, India Year of Completion:  
2025

**Bachelor of Science in  
Psychology**  
St. Joseph's College, Kerala,  
India Year of Completion:  
2023

**Higher Secondary**  
St.Anne's HSS, Thrissur, India  
Year of Completion: 2020

**10th Grade**  
GHSS, Thrissur, India  
Year of Completion: 2018

## Project/Workshops Attended

"A Study to Examine Social Support, Resilience and Life Satisfaction among College Students".

To examine the relationship between social support, resilience, and life satisfaction among college students, and to explore how social support and resilience contribute to overall well-being in an academic context.

"Depression Among Smartphone Users"  
To examine the relationship between smartphone usage and depression among users,