



# SANSE BHATT

CLINICAL  
PSYCHOLOGIST

## CONTACT ME



Sansebhatt016@gmail.com



G-76 Sector 39,  
Noida - 201301

## CERTIFICATION

- TFCBT: Trauma Focused Cognitive Behavior Therapy
- Creative Arts Therapy and Trauma
- School Psychology
- Rorschach Assessment
- Foreign Language Course: German

## PERSONAL OVERVIEW

A Psychotherapist holding an M. Phil. degree in Clinical Psychology. My therapeutic orientation is rooted in a trauma-focused framework. I specialize in providing affirmative counseling that is inclusive of queer identities. Over the course of more than five years in practice, I have successfully engaged with a wide spectrum of clinical conditions and socio-emotional complexities. My proficiency extends to working with children, adults, couples, and families, with diverse identities. My therapeutic approach is underpinned by the core principles of compassion, respect, and non-judgment. I am dedicated to establishing a secure and nurturing environment, allowing clients to authentically explore and reflect upon their experiences. My philosophy entails assuming a collaborative role, journeying alongside clients as they navigate their path to healing and holistic well-being.

## PROJECT

### **Me Myself and I : Influence Of Social Media On One's Sense Of Self.**

Presented the paper in International Conference of Indian Academy of Applied Psychology. This research gives us a deeper grasp of how social media really affects the way we see ourselves. Contributing in making us smarter about how we use social media.

### **Men's Therapy Empowerment: Masculinity, Self Stigma, Help Seeking Intentions and Emotional Expression Among Men Seeking Psychotherapy**

The research was conducted to offer insights that can DE stigmatize therapy for men. It highlights how acknowledging and addressing societal expectations around masculinity can promote healthier emotional expression and encourage more men to seek therapeutic support. Ultimately, this research provides the potential to pave the way for tailored interventions that empower men to overcome barriers, embrace emotional well-being, and seek therapy without the constraints of traditional gender norms.

# SOFT SKILLS

Problem solving

Critical Thinking

Decision Making

Time Management

## Internet Addiction and its impact on Academic locus of control.

This research provides the potential to increase awareness about the negative impact of internet addiction on academics among educators, students, and parents. It pinpoints behaviors contributing to decreased academic control, enabling targeted interventions. By guiding the development of strategies to address internet addiction, it can promote healthier online habits and empower individuals to regain control over their academic journey.

## Measuring Quality of life and Anxiety, Depression, Stress in pet owners and non-pet owners

This research aims to shed light on the potential impact of pet ownership on psychological well-being. By comparing these aspects between the two groups, we can uncover whether having a pet contributes positively to overall life quality and mental health. This exploration can provide insights into the potential therapeutic benefits of pet companionship, which may inform mental health interventions and policies.

## ACADEMIC BACKGROUND

### Mahatma Gandhi Medical University and Hospital

M. PHIL | Clinical Psychology | 2021 - 2023

### AMITY UNIVERSITY NOIDA

Masters | Clinical Psychology | 2018- 2020

### AMITY UNIVERSITY NOIDA

Bachelors | Clinical Psychology | 2015- 2018

## WORK EXPERIENCE

- Clinical Psychologist at Moon Minds
- Assistant Professor at Gyan Vihar University, Jaipur