

# AINAIN RAFIQI

## CLINICAL PSYCHOLOGIST

Delhi, India

Ainainrafiqi.psych@gmail.com

Motivated psychology professional seeking opportunities to leverage my expertise in neurocognitive assessment, trauma-focused care, and mental health research. Committed to delivering evidence-based support and contributing to organisational growth through skilled psychological evaluations and therapy.

### EXPERIENCE

#### CLINICAL PSYCHOLOGY TRAINEE

##### IMHANS, SRINAGAR

2019-Present

- Conducted comprehensive case studies and facilitated patient sessions
- Assisted in counselling and supported various therapeutic interventions
- Conducted assessments encompassing psychological testing, diagnostic evaluations, behavioural and cognitive assessments, and risk assessments
- Expertise in CBT for anxiety, depression, and OCD with tailored, client-centred interventions.
- Proficient in DBT for emotional regulation and borderline personality disorder.
- Skilled in Family and Couples Therapy for relationship dynamics and conflict resolution.
- Expertly integrate mindfulness approaches (MBSR, ACT) for stress management and resilience.

##### VOLUNTEER NSS, SRINAGAR —

2019-2021

Managed social awareness events and outreach programs

### EDUCATION

#### IMHANS , Srinagar M.Phil. Clinical Psychology,

2022-2025

**Thesis:** Neurocognitive Profile Among Patients with Schizophrenia and Major Depressive Disorder: A Comparative Study

#### University of Kashmir, Srinagar — Masters in Psychology

2018-2021

#### University of Kashmir, Srinagar — Bachelors in Arts

2015-2018

### SKILLS

- Neurocognitive and psychological assessments, including IQ testing
- Trauma-informed care for individuals with mental health disorders
- Case study development and documentation
- Strong interpersonal and communication skills
- Adaptable and proactive problem-solving
- Effective team collaboration and leadership
- Advanced computer skills (MS Office, SPSS)
- Planning, scheduling, and event management

### ADDITIONAL INFORMATION

- **Languages:** English, Urdu, Hindi
- **Certifications:** •Certificate course in counselling skills (Drug De-addiction), University of Kashmir
- **Awards/Activities:** •Participated in “ProSocial Peer Moderator Program” and workshops on art therapy and psycho-oncology, Fortis Healthcare