

TANYA GAHLOT



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Professional Summary:

A diligent, courteous, adaptable professional counseling psychologist, with five years of learning experience in psychology and currently working in All India Institute of Medical science, with an additional year of working experience in Rehabilitation and wellness center. I am good at evaluating patients' needs and accommodate them accordingly with treatment plans. Keen to understand factors that affect human behavior. My education, work experience, internships and training helps me to build expertise in my working profession as a Mental Health Activist. I am also looking to the next step in career development.

Career Objective:

I like to foster people in a safe, inclusive and holistic manner. I make use of evidence based therapies to help my clients regain sense of mastery, change problematic patterns and become more self-aware. To secure a challenging position in organization in order to improve my skill and work for the growth of organization. I would like to contribute to my professional and personal growth as well as engage in various opportunities.

Work Experience:

All Indian Institute of Medical Science (March 2023 - Present)

- Professor and head, Department of medicine : Dr. Naveer Wig.
- Additional Professor, Department of Medicine: Dr Neeraj Nischal.
- Facilitator: Dr Charu Rajoria
- **Research Project :** Adherence Need Assessment Tool Development and Validation among patients living with Human Immunodeficiency Virus (HIV) to improve adherence to Antiretroviral Therapy.
- In above mentioned project my roles and responsibilities as a psychologist is development of adherence need assessment tool based on adherence support need of people living with Human Immunodeficiency Virus (PLHIV).
- Gathering data from primary and secondary resources.
- Conducting Focused group discussions, semi-structured interviews and pilot studies.
- Collaborates with facilitator in writing detailed reports and drawing conclusions.
- Interacting and counselling patients living with HIV to improve adherence towards medications and their personal wellbeing.
- Providing counselling to caregivers and family members of people living with HIV.
- Using technical tools and databases.

Abhasa Rehabilitation Center, Kariat Maharashtra (November 2021 – November2022)

- Founder and Managing Director : Gayathri Arvind.
- Psychiatrists : Dr Rohit Garg, Dr Naveen Kumar, Dr Divya
- In one year of experience I worked as a Counseling psychologist in Abhasa rehabilitation and wellness center, provided professional individual, group and family psychotherapy to all aged patients with various emotional and behavioral disorder.
- Developed and implemented treatment plans and conducted comprehensive psychological assessments under supervision.
- Monitored patients' progress and worked closely with professionals to increase the quality of diagnosis and treatment.
- Attending Emergencies and learning about Neurofeedback by working closely with professionals.

Internships and Projects:

Organization	Duration	Department	Key Responsible Areas
Mental Heath Foundation of India – Tihar Prisons	3months March 2021-April 2021, June 2021- September2021	Psychological First Aid	Interacting with prison inmates on a daily basis. understanding their needs and concerns , counselling and referring them to the welfare office and other prison higher authorities. teaching them adjustment and coping skills in prison.
Mind Vriksha (CR Park, ND)	September 2020- March 2021	Psychology Dr. Rohit Garg (Psychiatrist)	Taking case histories and making tentative diagnosis. taking therapy sessions under psychiatrist and psychologist supervision. observing psychological assessments under psychologists supervision.
Motivated Steps, Gandhir (Nagpur)	May 2020- June 2020	Counseling	Conducted 60+ counselling and motivational sessions for free online counselling campaign in covid-19
Beautiful Mind Clinic, (Janak Puri)	February 2020- March 2020	Psychology Dr. Rajiv Sharma (Psychiatrist)	Observed various mental health patients, learnt to develop rapport with high functioning autistic children. observed occupational therapy and speech therapy sessions
Uddhar NGO – (Uttam Nagar, ND)	October 2019- November 2019	Social Work Care	Taught children basic literature and awareness about health and hygiene
The Healthy Mind Clinic, (Janak puri ND)	August 2019- September 2019	Psychology Dr. Ankit Goel (Psychiatrist)	Experienced first-hand training of patients in the outpatient department. exposed to history taking and mental status examination, observed psychological assessments.
Max Hospital (Saket, ND)	July 2018 – August 2018	Psychology Dr. Sameer Malhotra (Psychiatrist)	Observed mental health recovering patients and psychological assessment.

Education:

School/ College/ Institution	From	To	Qualification Attained	Marks Obtained
IGNOU	2022	-	Masters in social work counseling	Pursuing
Amity University, Noida	2019	2021	Masters in Clinical Psychology	CGPA- 8.41
Aryabhatta College, Delhi University	2016	2019	Bachelors in Psychology	CGPA – 7
St. Marks Sec. Sec Public School	2015	2016	Intermediate	CGPA – 9.7
St. Marks Sec. Sec Public School	2013	2014	Matriculation	CGPA – 6.6

Research:

2021: The similarities in Indian mothers' and their young adults' attitude towards mental illness, professional help-seeking and use of coping strategies.

2023: Adherence need assessment tool development and validation among asymptomatic PLHIV to improve Adherence to Antiretroviral Therapy.

Skills:

- Clinical psychology
- Active listening skills
- Technical skills
- Problem solving skills
- Competence in using database tools.
- Ensures data accuracy and reliability.
- Skilled in using computers for everyday tasks, including working with Microsoft Office (Word, Excel, PowerPoint) and Google Workspace (Docs, Sheets, Drive). Experienced in managing emails, organizing files, and using basic online tools for communication and collaboration. Comfortable learning new software and solving basic computer issues to support efficient work. Skilled in maintaining data accuracy and ensuring tasks are completed efficiently with the help of technology. Reliable and confident in using computers to support day-to-day work requirements.

Achievements and Accomplishments:

- Awarded as Best Employee of the year by Abhasa Rehabilitation and Wellness Centre.
- Attended weekly seminars and webinars (during covid) on mental health.
- Community Service by giving free talk therapy sessions with “Here for you” community.

Hobbies and Interests:

- Traveling, Gardening and exercising

Language Known:

- Proficient in oral and written English and Hindi
- Studied German

Personal Profile:

- Date of Birth: 11.07.1998
- Gender: Female
- Marital status: Single
- Nationality: Indian

Declaration:

I hereby declare that all the information furnished above is true to the best of my knowledge and belief. I bear the responsibility for the correctness of the above mentioned particulars.