

# B. Chinna Rao

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## OBJECTIVE

Mental health professional trained in clinical psychology, skilled in psychological assessments, case management, and therapies including CBT, DBT, REBT, and EMDR. Experienced in counselling diverse populations, focusing on child and adolescent mental health, academic well-being, and culturally sensitive care. Interested in combining clinical practice with research and teaching.

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## WORK EXPERIENCE

### Clinical Psychology Trainee

M.Phil Clinical Psychology (RCI Recognized)

Amity University, Gwalior (Training at Jayarogya Hospital) | July 2023 – June 2025

- Gained practical experience in delivering psychotherapy and conducting psychological assessments across OPD/IPD.
- Developed skills in handling high-risk cases and working closely with caregivers and multidisciplinary teams.
- Applied CBT and other evidence-based therapeutic techniques tailored to client needs.
- Strengthened clinical documentation practices in line with RCI ethical standards.

### Special Educator (Adults)

Action for Autism

Feb 2023 – Aug 2023 (6 months)

- Gained expertise in conducting functional assessments and data-driven reporting.
- Developed skills in delivering employment readiness and independence-promoting interventions.
- Enhanced counselling abilities to support autistic individuals and their families in managing stressors.

### Trainer cum Counselor

Magic Bus India Foundation

Feb 2022 – Nov 2022 (9 months)

- Developed skills in teaching psychological concepts and life skills
- Gained experience in empowering youth through education awareness and promoting holistic mental, emotional, and physical well-being.
- Enhanced counseling abilities by supporting individuals, groups, and families to set goals and manage life challenges.

- Strengthened facilitation skills in personality development and resilience-building
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### **Community Engagement**

Lakshminilayam Foundation (*NGO*)

Ongoing

- Actively engaged with underprivileged children, youth, and families to promote education, psychological well-being, and social empowerment.
  - Designed and implemented awareness programs on mental health, life skills, and rights of marginalized communities.
  - Facilitated access to educational and counseling resources for vulnerable groups in rural and urban slum areas.
  - Collaborated with local stakeholders, schools, and health workers to address community needs and foster sustainable development.
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## **INTERNSHIP**

### **Intern**

Mind Aid Clinic, Pune, Maharashtra

Jul 2022 – Sep 2022

- Gained practical understanding of diverse psychological issues and their management techniques.
- Acquired hands-on experience in counseling under professional supervision.

### **Intern**

*T.R.E.D.A., Bangalore, Karnataka*

Jul 2016 – Aug 2016

- Developed skills in client assessment using interviews, case histories, and observations.
  - Gained experience in documenting clinical information and treatment planning.
  - Supported individuals and families through counseling focused on crisis management and relapse prevention.
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## **EDUCATION**

### **M.Phil Clinical Psychology (RCI Recognized)**

*Amity University, Gwalior* | 2023 – 2025

Research Dissertation: “Exploring the Psychological Effects of Internet Use on Learning Behaviours in College Students”

**M.Sc. Clinical Psychology**

*Amity University Haryana | 2020 – 2022*

CGPA: 8.07

Research Dissertation: “Examining the Relationship between Self-Esteem and Internet Addiction”

**Bachelor of Arts (Psychology)**

*Krupanidhi Degree College, Bangalore University | 2014 – 2017*

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**Certifications & Internships**

- **California Hypnosis Institute, Gurgaon**  
Internship in Hypnotherapy (2 months)
- **Optimus Centre for Wellbeing**  
Internship in Clinical Psychology (2 months)
- **Manipal Hospital, Bengaluru**  
Internship in Clinical Psychology (4 weeks)
- **Fortis Healthcare Ltd., Dept. of Mental Health & Behavioural Sciences**  
Internship in Clinical Psychology (15 days)

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**SKILLS****Core Skills & Clinical Competencies**

- Psychological Assessments (IQ, Personality, MSE) & Report Writing
- CBT, DBT & Client-Centred Psychotherapy
- Suicide Risk Assessment, Safety Planning & Crisis Intervention
- Functional Behavioural Analysis & Life Skills Facilitation
- Clinical Documentation, Teletherapy & Multidisciplinary Coordination
- Culturally Sensitive Counselling & Psychoeducation

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**LANGUAGES KNOWN-** Hindi, English, Telugu

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**REFERENCES**

Available upon request (Can be provided from clinical supervisors or academic guides upon need)