

# FALGUNI VERMA

## Clinical Psychologist

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## PROFESSIONAL SUMMARY

Dedicated and compassionate Clinical Psychologist with specialized training in clinical assessment and therapeutic interventions. Proficient in using a range of therapeutic approaches to develop and implement personalized treatment plans. Strong communicator, committed to advancing mental health care through innovative and client-centered practices.

## EDUCATION

### M. Phil in Clinical Psychology

NIEPVD, Dehradun

2022 – 2024    Result Awaited

### M.A. in Psychology

University of Delhi

2020 – 2022    CGPA: 7

### B.A. in General

Indira Gandhi National Open University, Dehradun

2017 – 2020    Percentage: 61%

## PROFESSIONAL EXPERIENCE

### Freelance Clinical Psychologist

Remote

July 2024 – Present

- Conduct individual therapy sessions for mental health concerns, including OCD, Depression, Anxiety Disorders etc.
- Develop personalized treatment plans using evidence-based psychotherapies like CBT, ACT etc..

### Internship at Perfect Mind Clinic

Delhi

Jan - Feb 2020

- Conducted detailed case histories and provided psychoeducation to patients.
- Administered relaxation therapy and supported diagnostic processes.
- Gained experience in both psychology and psychiatry outpatient departments (OPD) and worked in the inpatient department (IPD).

## TRAINING EXPERIENCE

- Two years of hands-on experience in psychotherapy and psychological assessments at the National Institute for the Empowerment of Persons with Visual Disabilities (NIEPVD), Dehradun, dealing with various psychiatric conditions such as Depression, Anxiety disorders, OCD, Schizophrenia, Substance use disorder, Bipolar Affective disorder, etc.
- Trained in various psychotherapeutic techniques like CBT, DBT, Behaviour Therapy, ACT, MET, and Mindfulness-based psychotherapeutic techniques.

- Gained hands-on experience in both psychology and psychiatry settings at the State Mental Hospital in Selaqui, Uttarakhand, by working in both outpatient (OPD) and inpatient (IPD) departments.
- Gained practical experience in the Training Centre for Accidental or Adult Blind (TCAB) by working with blind and low-vision individuals residing at the (NIEPVD), Dehradun.
- Facilitated parent's sensitization programs through group sessions.
- Gained experience at Early Intervention Centre (EIC).
- Gained practical experience in the Training Centre for Accidental or Adult Blind (TCAB) by working with blind and low-vision individuals residing at the (NIEPVD), Dehradun.

## SKILLS/AREAS OF SPECIALIZATION

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- Psychological Testing and Assessment
- Diagnosis and Personalized treatment planning
- Therapeutic Interventions/ Counseling and Psychotherapy
- Psychometric tests and Batteries
- Case Conceptualization
- Communication and interpersonal skills
- Crisis Intervention
- Active listening and Empathy

## CONFERENCES AND WORKSHOPS

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- 1-day National Conference, Addressing student suicides in High-Pressure Coaching Centres: Prevention and intervention at NIEPVD, Dehradun, Uttarakhand in 2024.
- 3rd National Annual Conference of the Society of Addiction Psychology (ANCSAP -2024), at NIEPVD, Dehradun, Uttarakhand.
- A 2-day online workshop on Basics of Counselling skills in 2021, conducted by Chanakya Mental Health services.
- A 2-day online workshop on Introduction to Art Therapy in 2021, conducted by Chanakya Mental Health services.
- A 3-day online course on Rorschach Inkblot Test in 2021, conducted by the Department of Mental Health and Behavioral Sciences, Fortis Healthcare Limited.
- A 2-day online workshop on Introduction to School Psychology in 2021, conducted by the Department of Mental Health and Behavioral Sciences, Fortis Healthcare Limited.
- An Online workshop on Bully to Buddy in 2021, conducted by the Department of Mental Health and Behavioral Sciences, Fortis Healthcare Limited.
- A 3-day online workshop on Introduction to Art Therapy in 2021, conducted by the Department of Mental Health and Behavioral Sciences, Fortis Healthcare Limited.

## RESEARCH ACTIVITIES

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- Conducted research on the topic "A Study Exploring The Role Of Working Memory, Theory Of Mind And Emotional Dysregulation In Children Diagnosed With ADHD" (2024), during my Master of Philosophy.

## LANGUAGES

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- English
- Hindi

# EXTRACURRICULAR ACTIVITIES

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- Cooking new cuisines
- Doodling
- Painting
- Listening to music