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# Sonali Das

**RCI Licensed Clinical Psychologist**

**CRR No- A83862**

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sonalee.july@gmail.com

Clinical psychologist with experience in working with patients suffering from broad spectrum of mental health issues, at hospitals, clinics and private settings. Dedicated and compassionate in working with patients by developing effective treatment plans to treat mental illness, relieve distress, restore and enhance functioning and prevent relapse. Thus, helping clients lead healthier and happier lives. Adept at multi-tasking, communication and time-management skills.

## EXPERIENCE

- **CLINICAL PSYCHOLOGIST, MINDFUL-TMS, S-35, G.K-1, DELHI**

*October 2024-Present*

- Conduct psychological assessments and evaluations to diagnose and formulate treatment plans for patients with various mental health disorders.
- Provide evidence-based psychotherapy to individuals, couples, and groups, utilizing approaches such as cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), Acceptance and Commitment Therapy (ACT), Solution Focused Brief Therapy (SFBT) etc.
- Collaborate with a multidisciplinary team including psychiatrists and social workers to ensure comprehensive patient care.
- Participate in treatment planning meetings and case conferences to review patient progress and adjust treatment goals as necessary.

- **CLINICAL PSYCHOLOGIST, INSPIRON, Psychological Well-being Centre, Indira nagar, BANGALORE**

*May 2024-September 2024*

- Conducted psychological assessments and evaluations to diagnose and formulate treatment plans for patients with various mental health disorders.
- Conducted comprehensive assessments for IQ, ASD, ADHD and SLD at Army Public School, Bangalore, evaluating cognitive, behavioural and academic functioning to support individualized interventions.
- Provided evidence-based psychotherapy to individuals, couples, and groups, utilizing approaches such as cognitive-behavioural therapy (CBT), dialectical behaviour therapy (DBT), Acceptance and Commitment Therapy (ACT), Solution Focused Brief Therapy (SFBT) etc.
- Conducted crisis interventions and suicide risk assessments as needed, providing appropriate interventions and referrals.
- Conducted workshops, events, Webinars and awareness campaigns about mental health and related topics.
- Conducted training programmes for psychology interns.

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- Maintain accurate and timely documentation of patient assessments, treatment plans, and progress notes in accordance with organisation policies and legal regulations.

- **CLINICAL PSYCHOLOGIST, MINDFUL-TMS, Sushant Lok Phase-1, Sector-27, GURGAON**

*Sept 2023- Feb 2024*

- Expertise in providing detailed assessment and tailor made treatment plans suitable for the client, in neurotic spectrum disorders such as Anxiety, Panic, OCD, Phobias, Depression and Personality disorders.
- Conducted comprehensive psychological and psycho-educational and psycho-diagnostic clinical assessment and testing such as (MCMI, Rorschach, TAT, Personality tests, IQ tests, SLD Tests, ADHD Tests, ASD Tests)
- Conducted comprehensive psychological assessment and treatment plans for children with ADHD, Autism, Learning disabilities, Intellectual disabilities.
- Provided clinical evidence based therapy sessions such as (CBT, DBT, Grief Therapy, Crisis Intervention, ABA etc.)

- **CLINICAL PSYCHOLOGIST, EMONEEDS, Sector-40, GURGAON**

*October 2022-Sept 2023*

- Determined mental health diagnoses and formulated tailor made treatment plans according to the client.
- Provided comprehensive psychological and psycho-educational assessment services
- Administered clinical assessments and scales, developed treatment plans and provided therapy to individuals, families and couples.
- Collaborated with interdisciplinary teams to develop individualized clinical treatment plans.

**Clinical Psychology Trainee at Janakpuri Super Speciality Hospital, Delhi**

*Jan 2022 - March 2022 (3 months)*

- Worked with both adult and juvenile patients afflicted with mental health issues
- Assessed and diagnosed mental and behavioural disorders and problems in children
- Administered and interpreted neuropsychological and intelligence tests and provided detailed reports.
- Provided therapy such as ABA, play therapy, Family Counselling to children and families in need

**Clinical Psychology Trainee at Lady Hardinge Medical College, Delhi**

*April 2021- September 2021 (6 months)*

- Provided mental health services to a broad spectrum of patients in a psychiatric ward in a major medical centre
- Conducted intelligence, personality and neuropsychological tests and provided detailed reports
- Provided individual and family psychotherapy to patients with emotional and/or behavioural disorders.

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- Educated patients and their family members about mental diseases and disorders and treatment options.

**Clinical Psychology Trainee at National Institute for Empowerment of Persons with Disabilities (NIEPID)**

*Jan 2021 – March 2021 (3 months)*

- Conducted psychometric assessments for children and adults with intellectual disabilities and developmental disorders
- Developed treatment plans for children with mental disorders
- Provided training to family members of persons with intellectual disabilities

**Clinical Psychologist (intern) at Ruby hall Clinic, Pune**

*July 2019 – September 2019 (3 months)*

- Case management
- Developed treatment plans for patients
- Conducted psychometric assessments

**Psychologist (intern) at Dr.VasudeoParalikar's Clinic, Pune**

*August 2018 - October 2018 (3 months)*

Tests Administered at the Clinic:

- Urgency, Premeditation, Perseverance, Sensation Seeking & Positive Urgency (UPPS-P) Scale for Impulsivity.
- Dickman's Self -Description Inventory
- Barratt Impulsiveness Scale
- The Experience in Close Relationships- Revised (ECR-R) Questionnaire
- OCF-R Assessment Interview

**Psychologist (intern) at Nityanand Rehabilitation and Residential Mental Health Care Centre, Pune**

*Feb 2018 – March 2018 (2 months)*

## SKILLS

- Psychometric assessments (Rorschach Inkblot Test, TAT, MCMI, Personality Tests, IQ-Tests, ADHD-Tests, ASD-Tests, Learning Disability (SLD) Tests) and diagnosis
- Writing detailed reports
- Psychotherapy ( CBT, DBT, Family/Marriage/Couples Therapy, Crisis Intervention, Grief Therapy, ABA and other evidence based psycho-therapies)
- Transcranial Magnetic Stimulation (TMS) trained.

## EDUCATION

- **Professional Diploma in Clinical Psychology (RCI – Licensed course)**  
Amity Institute of Behavioural and Allied Sciences, Noida, 2020-2022
- **Masters of Arts in Clinical Psychology**  
Savitribai Phule Pune University, 2016-2018
- **Bachelors of Arts**

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RashtrasantTukdoji Maharaj Nagpur University, 2013-2016

- Bharatiya Vidya Bhavan's, Nagpur – Higher Secondary, 2011-2013
- Bharatiya Vidya Bhavan's, Nagpur- Senior Secondary, 2009-2011

## EXTRA- CURRICULAR ACTIVITIES

- Volunteered in government organized camps and conducted Intelligence tests and Learning disability tests such as MISIC, BKT, Bhatia Battery, SFBT and NIMHANS-SLD on children with learning and intellectual disabilities, at Govt. co-ed senior secondary schools across Delhi.
- Have managed Public Relations in a major hospitality industry in Pune

## PERSONAL DETAILS

**Date of Birth** – 03-07-1995

**Languages Known** - *English, Hindi, Odia*