

## CONTACT

# INDIRA

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## OBJECTIVE

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A RCI licensed psychologist with 2.1 years of experience specializing in psychological assessments, individual and group therapy, and mental health interventions. Adept at treating various psychological issues including anxiety, depression, and trauma, with a strong commitment to improving patient emotional well-being. Seeking to contribute my skills and expertise to a dynamic mental health facility or private practice.

## EXPERIENCE

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2022 - 2023

- **Educator and Counsellor**

Mainstream Foundation - School for Autism and Special care

- Provide therapeutic interventions, including individual, group, and family therapy, for clients suffering from mental health disorders such as depression, anxiety, PTSD, and OCD.
- Conduct clinical assessments, utilizing diagnostic tools such as the DSM-5, to evaluate clients' mental health status and create personalized treatment plans.
- Facilitate crisis interventions and support clients during psychological emergencies, offering short-term and long-term treatment options.
- Collaborate with psychiatrists, social workers, and other healthcare professionals to develop comprehensive care plans for patients.
- Led psychoeducation workshops and stress management seminars to promote mental health awareness within the community.
- Delivered one-on-one counseling to clients with diverse mental health concerns, ranging from relationship problems to chronic stress and substance abuse.
- Used a range of therapeutic modalities, including Cognitive Behavioral Therapy (CBT) and Solution-Focused Brief Therapy (SFBT), to guide clients in developing coping strategies.
- Developed and implemented treatment plans for clients based on detailed intake assessments and regular therapy sessions.
- Provided specialized support for individuals experiencing grief and loss, facilitating bereavement groups and therapy sessions.
- Maintained detailed client records and monitored progress, ensuring all therapy goals were aligned with ethical guidelines and best practices.
- Administered psychological assessments to identify learning disabilities, developmental delays, and behavioral challenges in students.
- Provided counseling services for students dealing with academic stress, social issues, or family-related problems, helping them achieve emotional stability and academic success.
- Collaborated with teachers, parents, and special education staff to design Individualized Education Programs (IEPs) for students in need of additional support.
- Led classroom-based interventions focusing on conflict resolution, bullying prevention, and emotional regulation.
- Organized mental health awareness programs and workshops to address issues such as anxiety, peer pressure, and self-esteem among students.

## INTERNSHIPS

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- **Internship at Moolchand hospital, Delhi.**

Observed the clients and took Case Histories along with MSE.  
Conducted Psychological Assessments.  
Provided diagnosis and Intervention plan.

- **Internship at DISHA – De-addiction cum Rehabilitation Center**  
Observed substance use and mentally disturbed clients.  
Took Case Histories and followed their treatment plan.
- **Internship at J.M. Institute of Speech and Hearing, Patna.**  
Conducted test to measure the level of Stress among the caretakers of Speech delayed and Hearing Impaired children.  
And how they manage their Stress.
- **Internship at Children's home (Apna Ghar), Patna.**  
Conducted test to measure the level of emotional intelligence and Stress of children living in Children's Home.  
And how they manage their Stress.

## COURSES AND CERTIFICATIONS

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- **University of Colorado - Coursera** (Platform for Online Courses).  
Managing ADHD, Autism, Learning Disabilities and concussion in School.
- **University of Melbourne - Coursera** (Platform for Online Courses).  
Foundation of International Psychiatry
- **Udemy (Platform for Online Courses).**  
**Counselling Practitioner** (Beginner to Advanced)
- **Patna Women's College, Patna, Bihar**  
Certificate Course, Diploma Course and Advanced Diploma Course in Stress Management.
- **Vishwa Computer Sakshartha Mission (VCSM)**  
Diploma in Computer Application (DCA)

## SKILLS

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- Therapeutic Expertise: Skilled in Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and trauma-focused interventions.
- Assessment and Diagnosis: Proficient in conducting psychological evaluations, using assessment tools like the MMPI, Beck Depression Inventory, and DSM-5 criteria.
- Crisis Management: Experienced in providing crisis intervention for individuals at risk of self-harm or suicide.
- Cultural Sensitivity: Deep understanding of diverse cultural backgrounds and the impact of social issues on mental health.
- Documentation & Case Management: Proficient in maintaining accurate and confidential client records in line with legal and ethical guidelines.
- Team Collaboration: Strong ability to work in multidisciplinary teams for integrated patient care.
- Other additional skills: Counseling Psychologist, Rehabilitation psychologist, Child Psychologist, Special Educator, Applied behavior analysis (ABA Therapist), Psychological Assessments, Mental health care

## EDUCATION

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| 2023-2024 | <ul style="list-style-type: none"> <li>• <b>Vision - Institute of Applied Studies, Faridabad</b><br/>Pursuing Post Graduate Diploma in Rehabilitation Psychology (PGDRP) under RCI</li> </ul> |
| 2018-2020 | <ul style="list-style-type: none"> <li>• <b>P.G. Department of Psychology, Patna University</b><br/>Post Graduation in Clinical Psychology<br/>CGPA - 8.44</li> </ul>                         |
| 2015-2018 | <ul style="list-style-type: none"> <li>• <b>Patna Women's College, Patna University</b><br/>Graduation in Psychology<br/>70.87%</li> </ul>  |

## LANGUAGES

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- English: Fluent
- Hindi: Fluent