

Irtiza Tufail

Psychologist

Psychology postgraduate with a specialization in OB and a strong academic background keen to gain a rich experience in practical settings.



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6005036469

SKILLS

SPSS MS Word

Teamwork

Interpersonal
Communication

LANGUAGES

English
Full Professional Proficiency

Hindi/ Urdu
Full Professional Proficiency

Kashmiri
Native or Bilingual Proficiency

INTERESTS

Sketching

Painting

EDUCATION

MA Applied Psychology (specialization in OB)

Jamia Millia Islamia

2022 - 2024

B.A (H) Psychology

Jamia Millia Islamia

2019 - 2022

WORK EXPERIENCE

Clinical Psychology Intern

IMHANS, Kashmir

06/2023 - 08/2023

Achievements/Tasks

- gained hands on experience observing a variety of inpatient and outpatient cases developing understanding of how different disorders present in clinical settings
- honed skills of rapport building, comprehensive case history taking, mental status examination
- assisted administration of psychological assessments
- taught relaxation techniques under supervision

Clinical Psychology Intern

Nayi Disha Mental Health Clinic, New Delhi

09/2021 - 11/2021

Achievements/Tasks

- gained theoretical knowledge of case history taking
- familiarized with a range of mental health disorders, psychological assessment tools and therapeutic techniques for treatment
- successfully completed practical based assignments

Clinical Psychology Intern (online)

Fortis Healthcare, New Delhi

07/2020 - 07/2020

Achievements/Tasks

- attended daily two hours intensive training sessions
- completed application based assignments, enhancing practical skills and knowledge application
- critically analysed research papers fostering understanding of empirical literature
- undertook an experiential project

RESEARCH PROJECTS

Body Appreciation and Life Satisfaction among Young Adults

Predictive Role of Workplace Loneliness, Workplace Belonging and Social Connectedness in Employees' Mental Health

ACHIEVEMENTS

UGC NET Qualified, December 2023