



FATHIMA RINI F

Clinical Psychologist

CRR No: A81479

Knowledgeable and qualified Clinical Psychologist with a proven track record of success in conducting comprehensive psychological evaluations, developing treatment plans and providing professional individual and group psychotherapy for both children and adults.

Offers an excellent knowledge of psychology, professional attitude, well developed communication/public speaking skills and great time management abilities. I wish to be in a team where I could develop my clinical skills and grow there by integrating both personal and organizational goals.

Contact

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Address

Aluva, Ernakulam, Kerala

Education

2018-2020

Mphil Clinical Psychology
NIMHANS, Bangalore

2014-2016

MSc Applied Psychology
University of Calicut

2011-2014

BSc Psychology
LISSAH College, Kaithapoyil

Expertise

- CBT, IPSRT, DBT, MET
- Structural Family Therapy
- Cognitive Retraining
- OCD, ADHD, EUPD, Substance Use, Behavioural Addiction
- Anxiety and Mood Disorders

Languages

English

Malayalam

Tamil

Experience

2020 - Till Date

Mind Route, Kottakkal and Perinthalmanna

Clinical Psychologist

- Comprehensive History Taking and Psychological evaluation of adults, children and families.
- Neuropsychological evaluation of adults and children
- Neuropsychological rehabilitation
- Psychotherapy for adults and children with various conditions like anxiety disorders, mood disorders, psychotic disorders, physical illnesses, suicidal ideations, substance use and personality disorders
 - Family and couple therapy

2020 -2022

Ma'din Institute of Mental Health and Rehabilitation, Malappuram

Clinical Psychologist

- Psychological evaluation of adults, children and families.
- Neuropsychological evaluation of adults and children
- Neuropsychological rehabilitation
- Psychotherapy for adults and children with various conditions like anxiety disorders, mood disorders, psychotic disorders, physical illnesses, suicidal ideations and personality disorders
- Family therapy
- Quick screening and evaluations in OPD services.
- Handling care for both outpatients and inpatients.

2016-2018

MES KVM College, Valanchery

Student Counselor

- Counseling students for dealing academic stressors and interpersonal issues.
- Parent counseling

Publication

- Development of a Cognitive Retraining Module for individuals with remitted OCD patients.
<https://journals.sagepub.com/doi/10.1177/02537176231172301>

Achievements

Junior Research Fellowship

2016

University Grant Commission
Indian Council of Medical Research

National Eligibility Test

2015

University Grant Commission

Presentations/Talks

- **2022** - Presented a poster on development of **Cognitive Training program for individuals with remitted OCD** in a symposium conducted by **OCD Clinic, Nimhans**.
- **2022** - Presented on **substance use** in a seminar conducted by **KMCC, Muscat**.
- **2022** - Talk on **Mental Health First Aid for Substance Use Disorders** in a training programme conducted by **MES, Kalladi College**.
- **2022** - Conducted a two-day workshop on **Cognitive Rehabilitation- Principles and Skills Training** in collaboration with **MIMHAR**.
- **2021** - Presented on **Clinical Management of Substance Use and Related Disorders** in a seminar conducted by **Department of Psychology, Christ University, Bangalore**
- **2021** - Talked about **Game Addiction in Children** in a Television channel ; **Media One**.
- **2021** - Presented on **Mental Health during pandemic** in a program conducted by **District Legal Service Department, Wayanad**.
- **2021** - Presented on **Psychological perspectives of Higher education of Women in Malabar** in a National Seminar conducted by **Department of psychology, Zaitoon International**.
- **2020** - Presented on **Parenting of Differently abled children** in virtual camp organized by **Able World**.
- **2020** - Presented on **Crisis Intervention Through Online Counseling** as part of training program for online counselors of **Psychology Council of India**.
- **2018** - Conducted a workshop on **Parenting Skills** under **Sabhala Project**.
- **2017** - Conducted a workshop on **Stress Reduction** for students of **Government Higher-secondary School**.
- **2016** - Conducted a class for parents on the topic **Parenting Skills** under **PSMO Alumni Association, Dubai**.

Reference

Dr. Mohammed Arshad E.C.
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Perinthalmanna
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Dr. Abdu Salam O.K.
Psychiatrist, Almas Hospital,
Kottakkal
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