

# Namitha M S

CLINICAL  
PSYCHOLOGIST

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7907876773



## ABOUT ME

Completed MPhil clinical psychology from IHBAS, Delhi and UGC NET qualified (2020, Assistant Professor) with extensive experience working with over 2,000 clients in the last 2 years. Specialized in adult mental health, offering expertise in anxiety and mood disorders, personality disorders, marital and family therapy, and adolescent adjustment. Proficient in various psychotherapeutic modalities including existential therapy, cognitive behavioral therapy, dialectical behavioral therapy, narrative exposure therapy and, schema therapy. Experienced in neuropsychology, particularly in neuropsychological rehabilitation and assessment, with research experience in developing intervention module for stroke patients. Currently awaiting registration as a Clinical Psychologist under the Rehabilitation Council of India (RCI).

## EXPERIENCE

### **Institute of Human Behaviour and Allied Sciences, Delhi - Clinical Psychology Trainee** (March 2022-March 2024)

- Conducted over 2000 brief and detailed evaluations of patients; Delivered supportive psychotherapy and crisis support.
- Administered over 30 psychodiagnostic assessments, over 65 neuropsychological assessments and over 600 disability assessments.
- Completed over 100 hours in child psychotherapy, over 200 hours in adult psychotherapy, and 100 hours of neuropsychological rehabilitation.
- Conducted parent training programs, offering guidance and support to enhance parenting skills and improve parent-child relationships.

### **Louise Mount Hospital, Wayanad— Intern**

MAY 2021 - JUNE 2021

- Primary assessment in Psychiatry and case presentations.
- Diagnosis of 23 cases of which five were studied in detailed and records were submitted.

### **Snehadeepam Charitable Society, N.Paravur — Intern**

JUNE 2019 - DECEMBER 2019

- Consulted with doctors, therapists, and clinicians to enhance patient care, providing valuable insights and recommendations.
- Prepared detailed reports on clients, ensuring accurate documentation and compliance with regulatory requirements.
- Developed, directed, and actively participated in training programs for staff and students, contributing to their professional development and the enhancement of overall team performance.

### **Govt. Mental Health Centre, Kuthiravattom — Intern**

DECEMBER 2018 - DECEMBER 2018

- Collects patient information through interviews and observational techniques. Volunteered in academic screening camp for S.S.L.C students. Administration of various test to diagnose learning disability. Submission of five Case file.

## EDUCATION

### M.Phil Clinical Psychology

- **INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES, DELHI UNIVERSITY**  
*Graduated in March 2024*

### Psychology Masters Program

- **RAJAGIRI COLLEGE OF SOCIAL SCIENCES, MAHATMA GANDHI UNIVERSITY.**  
*2019-2021*

### Psychology Bachelor Program

- **MES COLLEGE, MAHATMA GANDHI UNIVERSITY.**  
*2016-2019*

## PROFESSIONAL QUALIFICATION

UGC-NET, Qualified National Eligibility Test for Assistant Professor in 2020 September.

Learning Disability Management Certificate course. First class with high distinction, University of Calicut, 2018.

## PUBLICATIONS

Integrating Hope, Optimism and Self-Esteem in a Study of Learned Optimism and Spiritual Intelligence-Mukt Shabd Journal Vol. 10, Issue 07, July 2021

Childhood History and Family Background of Offenders in Remand-Psychology: Research Innovations in Young Minds ISBN: 978-1-71657-064-3.

Criminal Recidivism: A Qualitative Study-International Journal of Indian Psychology Vol 09, Issue 2, April-June 2021.

## RESEARCH PAPERS

Effectiveness of neuropsychological rehabilitation module in patients with stroke— Dissertation M.Phil Clinical Psychology, Institute of human behaviour and allied sciences.

COVID-19 Pandemic: The Role of Impulsivity in the relation between Psychological Distress and Suicidal Ideation— Dissertation M.Sc. Psychology, Rajagiri College of Social Sciences

Gender Significance in Teasing and Affected Self-image as Aggression Inducer — Paper Presentation International conference on 'positive psychology: The Science of Happiness', organized by Rajagiri College of Social Sciences

Comparison of stress and satisfaction among the caregivers of cancer patients— Paper Presentation National conference on 'Emerging Trends in Psychology' by Yuvakshetra College, Palakkad.

Special Educations: Disabilities Handled and Service Provided — Co-authored National seminar on 'Learning Disability, Intellectual Disability and Developmental Disability' organized by Union Christian College, Aluva. Other Achievem

## CERTIFICATES

- Coursera: Johns Hopkins University— Psychological First Aid March 26th , 2021
- Trinity Western University- Forensic Psychology, 2019. 30 hour course at Rajagiri College of Social Sciences under the guidance of Dr. Philip G. Laird.
- NPTEL: Indian Institute of Technology, Roorkee — Soft Skills; Scored 75 percent, February 2018- April 2018
- NPTEL: Indian Institute of Technology, Kanpur — Psychiatry-An Overview; Scored 55 Percent, July 2018- November 2018.

## SKILLS

- Psychotherapy
- Neuropsychological Rehabilitation
- SPSS:Statistical Package for the Social Sciences
- PEBL:Psychology Experiment Building Language
- Psychological test administration
- Writing: Research and Reports

## **PROFESSIONAL DEVELOPMENT AND OUTREACH**

- International Student Interaction Program, 2020. Presentation on 'The Psychological and Social impact of COVID 19 pandemic' organized by Vives, University of Applied Sciences.
- Govt. High School, Binanipuram- Speaker; Initiated a class on 'Memory boost up' for high school students.

## **PARTICIPATIONS**

- Fourth Wave Foundations' Project VENDTA, 2020 Participant in S.A.F.E.Forum, 2020.
- Indian Science Congress, 2020. Participated in 107th ISCA held at University of Agricultural Science, Bangalore
- Dowry and Domestic Violation, 2019. Participated in the seminar organized by the Department of Women and Child Development, Govt. of Kerala.
- Student Program for Excellence in Experimental Design – SPEED 2015 Organized by the Department of Botany, University of Calicut, 2015.

## **PERSONAL DETAILS:**

- Permanent Address: Mullassery(H), Njarakkattu Road, Peruvaram West, N.Paravur 683513, Ernakulam, Kerala.

## **LANGUAGES KNOWN:**

- English
- Hindi
- Malayalam

## **WORKSHOPS**

- Thematic Apperception Test: Rajagiri College of Social Sciences– Workshop 2020.
- Hypnosis: Basics and Beyond: Rajagiri College of Social Sciences– Training Workshop 2020
- Forensic Psychology: Kuriakose Elias College, Mannanam– National level Workshop 2017.

## **POSITIONS OF RESPONSIBILITY**

- MES COLLEGE, MARAMPALLY Representative of Anti-Drug Cell, Women cell and Anti-Ragging cell
- MES COLLEGE, MARAMPALLY Representative of 'Hospitality Committee' for two day National seminar on 'Neurodevelopmental Disorder'.

I do here by declare that the particulars finished above by me are correct to the best of my knowledge and belief.

**NAMITHA M S**