

# ESHITHA MIRIAM SAM

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## SUMMARY

Postgraduate student in psychology with strong analytical, communication, and interpersonal skills. Experienced in conducting assessments, research, and client-facing interactions, with a proven ability to manage sensitive information, and collaborate across diverse teams. Seeking to apply problem-solving, people management, and project coordination skills, with a focus on talent acquisition, organizational development, and instructional design development.

## SKILLS

- |                        |                     |                  |                           |
|------------------------|---------------------|------------------|---------------------------|
| • Empathy              | • Critical Thinking | • PowerPoint     | • Team Collaboration      |
| • Active Listening     | • Data Analysis     | • Research Tools | • Effective communication |
| • Cultural Sensitivity | • Report Writing    | • Social Media   | • Case documentation      |
| • Counselling Skills   | • MS Excel          | • Management     | • Client rapport building |

## INTERNSHIP EXPERIENCES AND COLLEGE ACTIVITIES

### Counselling Psychology Intern / Women's Cell, Police Station - Aluva 06/2025 – 07/2025

- Observed client behavior and documented relevant data for clinical reviews.
- Observed and documented client behaviors during sessions.
- Observed individual and group therapy sessions for diverse client populations.
- Educated clients and families about mental health issues and coping strategies.
- Documented client progress and maintained accurate case notes for compliance.

### Clinical Psychology Intern / Solace Neurobehavioral and Child Guidance Centre - Kochi, Kerala 06/2025 – 07/2025

- Assisted in conducting psychological assessments for children and adults.
- Supported group therapy sessions by facilitating discussions among participants.
- Observed client behavior and documented relevant data for clinical reviews.

### Clinical Psychology Intern / Lourdes Hospital - Kochi, India 06/2024 – 07/2024

- Conducted structured assessments and interviews for Case Histories and MSE, developing strong data-gathering and evaluation skills.
- Collaborated with multidisciplinary departments, enhancing coordination and stakeholder management.

### Core Team Member- Numerix / Sophia College

- Coordinated event scoring for the entire college fest and ensured accurate reporting across multiple teams, demonstrating precision and multitasking.

### Core PR Team Member- MUNSOPHICAL / Sophia College

- Managed social media platforms and external communication, building outreach and branding experience.

### Group Project / Mount Carmel College

- Developed a Digital Fatigue Scale: Applied research methodology and data analysis to design and validate a psychometric tool, showcasing analytical and project management skills.

### Content Writing Intern / Aromablend

- Company Overview: A brand that manufactures Vegan cosmetics.
- Post and curate blogs for their website.
- A brand that manufactures Vegan cosmetics.

## EDUCATION AND ADDITIONAL INFORMATION

### **MSc: PSYCHOLOGY (Specialization in Clinical Psychology)**

Mount Carmel College - Bangalore

Expected in 05/2026

GPA: 80.8%

- Participated in the Dementia Conference at the Centre For Brain Research, IISc, Bengaluru.
- Attended workshops on Suicide Prevention and Awareness.
- Attended a Seminar on TELEMENAS and their functioning and scope for community mental health care.
- Participated in the HACKATHON event for Psychology students.

### **BA: PSYCHOLOGY AND PHILOSOPHY**

Sophia College - Mumbai

05/2022

CGPA: 9.43

GRADE: A+

### **HUMANITIES- PALLIKOODAM - Kottayam**

04/2019

12th Percentage: 90%

### **ACCOMPLISHMENTS**

Part of State team for ISC swimming competitions and secured a Third place in 50m butterfly stroke.

### **HOBBIES AND INTERESTS**

- Music
- Art
- Dance
- Working out
- Swimming

### **EXTRA CREDIT COURSES / CERTIFICATIONS**

- Women's Empowerment and Business Management in UG and PG respectively
- Counselling Skills Training
- Forensic Psychology
- Clinical Psychology and Psychiatry (NPTEL)