

TARRANUM SETHI

MENTAL HEALTH
PROFESSIONAL

8360468948

sethitarranum001@gmail.com

Chandigarh , 140301

LANGUAGES

Hindi

English

Punjabi

French

SKILLS

Time Management

Team Management

Project Management

Multi Task Management

Relationship Development

Effective Communication

Quick Learner

Result Oriented

Conflict Resolution

International Client Dealing

PROFILE

Compassionate, Committed, Positive, Strongly focused Senior Child Psychologist with 2.5 years of experience having expertise in patient's support and care. Comfortable in guiding patients with strong communication skills and interpersonal skills with astute judgment when performing and providing therapeutic interventions. Highly skilled at managing and working with teams with the ability to complete tasks accurately in a in busy environments with challenging deadlines.

EDUCATION

Masters in Clinical Psychology , Amity University

Noida | 2017 - 2019

- Dissertation: To study the correlates of Materialism: Self Consciousness and Quality of Life
- Class Representative for two consecutive years
- Specialized Course of English and Communication Skills.
- Specialized Course of Behavioral Science.
- Specialized Course of Foreign Language - French and German

Bachelor of Arts with Psychology Honors , Punjab University, MCM DAV College

Chandigarh | 2014 - 2017

- Participated in International workshop entitled CBT for Depression, 2017
- Participated in International workshop entitled Trauma focused CBT for Sexual Abuse in Children, 2017
- Participated in Intensive training session in Neuro Linguistic Programming, 2017
- Participated in Conference of sixth Chandigarh Social Science Congress, 2016

EMPLOYMENT HISTORY

Senior Child Psychologist , Rays of Belief - Mom's Belief

Gurgaon | 2021 - Present

- Providing online home based therapy to over 80+ special needs children.
- Providing company management updates for all renewals including at-risk renewals.
- Working as a senior in Early Intervention department where i work with age group from 0 - 5 years
- Currently counseling parents and help them through their everyday challenge they face in brining up children.
- Awarded as star performer of the month.
- Conducted workshop on the Adaptive skills Training Program as a co trainer.
- Evaluating patients' goals, as well as mental and practical conditions, to develop individualized courses of treatment.
- Cooperating with other practitioners to conduct research, devise improvements and discuss treatment innovations.
- Leading individual, family and group counseling sessions.
- Implementing crisis intervention techniques to help individuals through complex

situations.

- Working with clients living with mental and developmental delays and employed successful strategies aimed at addressing symptoms and improving quality of life.
- Assisting with clinical work, including documenting and evaluating behaviors of individuals with diagnoses such as ASD and ADHD.

Lead Child Psychologist , Rays of Belief - Mom's Belief

Gurgaon | 2020 - 2021

- Provided online home based therapy to over 60+ special needs children.
- Provided company management updates for all renewals including at-risk renewals.
- Worked tirelessly to resolve clients concerns to their satisfaction, which resulted in a loyal customer base and increased company's positive reputation.
- Worked on Parent counseling and Parent - Child relationship.
- Responsible for delivering the interpretative reports, Individualized Educational Plan and weekly training sessions in a timely manner to the clients.
- Provided leadership to team of 3 members and giving them stimulated training sessions in preparation for combat and emergency incidents.
- Responsible for tracking and processing members time sheets.
- Reviewing the reports and Individualized Educational Plan in a timely manner for members.
- Conducted psycho-educational evaluations of school-aged children identified or suspected of having learning or behavioral disabilities.
- Observed children in classrooms, at home and in other settings.
- Provided culturally responsive and appropriate medical care to improve health and wellbeing of children of all ages.
- Assisted clients with gaining insights, establishing clear goals and planning strategies to reach personal targets.
- Used critical thinking to break down problems, evaluate solutions and make decisions.

Child Psychologist , Rays of Belief - Mom's Belief

Gurgaon | 2019 - 2020

- Provided online home based therapy to over 30+ special needs children.
- Provided company management updates for all renewals including at-risk renewals.
- Worked on Parent counseling and Parent - Child relationship.
- Responsible for delivering the interpretative reports, Individualized Educational Plan and weekly training sessions in a timely manner to the clients.
- Responsible for delivering the interpretative reports, Individualized Educational Plan and weekly training sessions in a timely manner to the clients.
- Delivered multiple webinars in addressing parents concerns on neuro developmental disorders.
- Delivered online sessions on importance of early interventions in neuro developmental disorders.
- Delivered a workshop on awareness of neuro developmental disorders in Indore.
- Performed research on effectiveness of interventions and proposed changes to intervention structures based on evaluation outcomes.
- Participated in treatment team meetings and assisted in development of behavioral and treatment plans.

Trainee Child Psychologist , Rays of Belief - Mom's Belief

Gurgaon | 2019 - 2019

- Developed a detailed understanding of Neuro developmental Disorders.
- Intensive training for the understanding of the soft skills in the organization.
- Intensive training on case history taking and skill based assessment.
- Intensive training on creation of interpretative reports and Individualized Educational Plan.
- Developed an understanding of work environment, organization's process and protocols.
- Quickly learned new skills and applied them to daily tasks, improving efficiency and productivity.
- Demonstrated respect, friendliness and willingness to help wherever needed.
- Proved successful working within tight deadlines and fast-paced atmosphere.
- Served customers in a friendly, efficient manner following outlined steps of service.

Intern Psychologist, Sri Guru Harkrishan Sahib Eye Institute and Super specialty Hospital

Punjab | 2018 - 2018

- Observing clinical patients under supervision of Psychiatrist and Clinical Psychologist in Psychiatry department.
- Practicing taking Case history of patients.
- Conducted adult counseling sessions under supervision.
- Shadowed experienced clinicians to gain in-depth knowledge of treatment, diagnosis and assessment techniques.
- Delivered counseling services under close supervision of Clinical Psychologist.
- Contributed to effective treatment of substance abusers by helping implement evidence-based practices.

Intern Psychologist, Max Super Speciality Hospital

Uttar Pradesh | 2017 - 2018

- Observing clinical patients under supervision of Clinical Psychologist in Psychiatry department.
- Observation of assessment sessions.
- Practicing taking Case history of patients.
- Understanding of soft skills such as rapport building and understanding of own emotions.
- Shadowed experienced clinicians to gain in-depth knowledge of treatment, diagnosis and assessment techniques.

Intern Psychologist , Max Super Speciality Hospital

Uttar Pradesh | 2017 - 2017

- Observing clinical patients under supervision of Clinical Psychologist in Psychiatry department.
- Observation of assessment sessions.
- Practicing taking Case history of patients.
- Understanding of soft skills such as rapport building and understanding of own emotions.
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