

AYSHA RIZWANA T

📍 Bengaluru,India ✉ aysharizwana95@gmail.com ☎ +918606317236 📅 10/08/1995

Profile

- Licensed Clinical Psychologist with experience in providing therapy and psychological improve their mental well being. Experienced in working with diverse populations, including children, adolescents, adults and seniors. Committed to ongoing professional development and staying current with the latest research in field.

Professional Experience

2023 – present Bangalore, India	SKOOC, Clinical Psychologist -Provides evidence based therapy to individuals of all ages struggling with a range of mental health issues. The therapeutic approach is collaborative and tailored to each clients unique needs, drawing from cognitive behavioural, psychodynamic and mindfulness based techniques. Content creation and content ideation. -Pediatric therapy at Manipal Hospital ,HAL.
2020 – 2021 BANGALORE, India	Ishanya India Foundation, special educator Training kids with autism and learning disabilities and preparing learning materials and resources for them. creating IEPs and making regular reports on their development.
2019 – 2020 BENGALURU, India	Mind Matters Clinic, Behavioral Trainer Training a student, studying in 2nd standard with mild ADHD.
01/2019 Cochin	Kusumagiri Mental Health Centre, Intern Had exposure to the Acute and Chronic Psychiatric patients, patients in child and Adolescent Psychiatry Center, Psychiatric Rehabilitation Center, various training programme for the Children with Autism, and Occupational Therapy Department

Skills

- | | |
|-------------------|--------------------|
| • Counselling | • Therapy |
| • Communication | • Research |
| • Decision Making | • Content creation |

Education

2021 – 2023	SRM Medical College, M.Phil Clinical Psychology (RCI)
2017 – 2019 Cochin	Rajagiri College for Social Sciences Kalamassery, M.Sc Psychology (Clinical) CGPA 2.78 (out of 4)
2014 – 2017 Perinthalmanna	Al Jamia Arts and Science College, B.Sc Psychology CGPA - 4.68 (out of 6)
2012 – 2014 Thrissur	IES Public School, XII 82 %
2012 Perinthalmanna	I.S.S English Higher Secondary School, X CGPA - 10 (Full A+)

Languages

English	● ● ● ● ●	Tamil	● ● ● ● ●
Malayalam	● ● ● ● ●	Hindi	● ● ● ● ●

Interests

Reading, Listening to Music, Watching movies

Trainings and workshops

2017	“Cognitive Test and Assessments using computerized testing tools”, <i>Workshop organized by RCSS</i>
2017	“Building Competency and Group Dynamics”, <i>Session organized by RCSS.</i>
2017	“Street play- Creating Awareness on Mental Health”, <i>Session organized by RCSS</i>
2017	“Psychodrama-Identifying/Exploring Emotions”, <i>Session organized by RCSS.</i>
2017	“Know yourself-Self Awareness”, <i>Session organized by RCSS.</i>
2017	International Conference on “LEADERSHIP FOR SUCCESS”, <i>Organized by RCSS in collaboration with Trinity Western University (TWU), Canada</i>
2017	National Conference “Applied Health Psychology: Trends and Challenges”, <i>Session organized by RCSS.</i>
2017	Participated in the seminar on “the Role of Community Psychology Research in Youth Development”, <i>organized by Department of Psychology, RCSS in association with Faculty from University of Malaysia, Sabah and Community Psychology Association of India.</i>
2015 Calicut	Workshop on "Advanced Counseling Skills", <i>Held at Euphoria</i>

License and Certificates

Clinical Psychologist - Rehabilitation Council of India	Basic Course in Mental Health <i>Conducted by the Mental Health Action Trust (MHAT)</i>
--	---

Projects

2022 – 2023	M.Phil project - “Comparitive study of social relationships and cognitive distortion with and without smartphone addiction among college students “
2018 – 2019	M.Sc. project – "Anxiety and Adjustment in Divorced Men and Women" The project examined the similarities and differences in anxiety and adjustment (home, health, family, work and social) in divorced men and women. It is a comparison study using a sample size of 60.
2016 – 2017	B.Sc. project – "Depression in perimenopausal women" The project examined the level of depression in perimenopausal women with a sample size of 100

Organizations

2018 – 2019 Cochin	AMAARA NGO, Volunteer Life skill and language training for students from 5th standard to 7th standard in Padamugal U P school
-----------------------	---