

Sri Pooja C

Psychologist

Sri Pooja C

Namakkal, Tamil Nadu

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Skills

Communication skills, Time management, Leadership skills, Teamwork and collaborative skills, Active listening and observation skills, Flexibility and adaptability, Organizational skills, Empathetic and cultural competence, Critical thinking and decision making skills, Problem solving, Research skills, Social-emotional skills

Experience

Vydehi Institute of Medical Science and Research Centre| Bengaluru, Karnataka | Clinical Psychology Intern | 7/2024 - 8/2024

- Conducted individual counseling sessions and collected comprehensive case histories, enhancing therapeutic skills and patient assessment abilities.
- Administered and interpreted various psychological assessments, enhancing diagnostic proficiency and treatment planning capabilities.
- Facilitated Motivational Enhancement Therapy (MET) sessions, developing expertise in evidence-based interventions for behavior change.
- Participated in multidisciplinary learning experiences, including ECT observations and psychiatric rounds, broadening understanding of diverse treatment modalities
- Attended workshop on “ Art on Psychological Assessment”

Meenakshi Mission mission hospital and research center | Madurai, Tamil Nadu | Psychology Intern | 12/2021 - 01/2022

- Observed psychologists conduct therapy sessions, utilizing techniques like CBT, speech therapy, occupational therapy; and attend multidisciplinary treatment team rounds.
- Advanced proficiency in psychological assessments, case conceptualization, treatment planning, and client documentation procedures
- Attended seminars on different mental disorders and treatment options.
- Ensured exceptional patient experience and satisfaction by providing advice and support to family members

Institute of Mental Health and Psychological Science | Coimbatore, Tamil Nadu | Clinical Psychology Intern | 11/2020 - 11/2020 (Online internship due to Covid-19)

- Developed case conceptualization skills by analyzing client intake reports, formulating diagnosis, and proposing evidence-based treatment plans.
- Assignments on therapeutic interventions, ethical dilemmas, cultural competence, and crisis management scenarios.

- Gained experience in report writing, treatment plan documentation, and case presentation.

Serene Life Hospital | Chennai, Tamil Nadu | Psychology Intern | 05/2019 - 06/2019

- Conducted professional psychological assessments to identify and document patients' current mental state and condition.
- Observed psychotherapy sessions and educated patients on different mental disorders and treatment options.
- Attended seminars, monitored patient progress and created awareness programmes.
- Completed administrative tasks and fulfilled additional responsibilities as delegated by supervisors.

Education

Montfort College| Bangalore, Karnataka | 2022-2024

- Masters in Psychology (Specialization in Clinical Settings)
- Research club -student coordinator
- Attended 50+ case conferences
- Attended seminars and webinars
- Research- “Role of Father’s Emotional Unavailability on Young Adults’ Self-reliance- A Subjective Exploration - conducted phenomenological study on young adult men.
- CGPA - 8.3

Lady Doak College | Madurai, Tamil Nadu | 2021-2022

- Post Graduate Diploma in Counseling and Psychotherapy.
- Attended counseling skill training program
- Psychology Intern at Meenakshi Mission Hospital and Research Centre.
- CGPA- 7.5

PSG College of Arts and Science | Coimbatore, Tamil Nadu | 2018-2021

- Bachelors in Psychology
- Research - “Effect of Parenting Style on Resilience and Emotional Creativity”-Conducted quantitative research examining the impact of parenting styles on resilience and emotional creativity in adolescents.
- Attended National level conferences, seminars and webinars, online courses
- CGPA- 7.5

Green Park Educational Institution | Namakkal, Tamil Nadu | 2014-2018

- HSE - 93%
- SSLC - 89%

Language

English, Tamil