

Cover Letter

Dear Hiring Manager,

I am writing to express my interest in the Clinical Psychologist position. With over six years of experience in psychological assessment, therapy, and psychoeducation, I bring a deep passion for empowering individuals and fostering mental well-being. My commitment to ethical, evidence-based practice and culturally sensitive care has consistently yielded positive client outcomes and professional growth.

In my current role, I provide therapy to individuals facing challenges such as anxiety, depression, and addiction, achieving a 90% improvement rate in client-reported outcomes. I have been adept at psychological assessments, including tools like ROR and MCMI, to ensure accurate diagnoses and effective treatment planning. Additionally, I have designed and facilitated psychoeducational workshops and developed Individualized Education Plans (IEPs) for children, enhancing their academic and personal growth and (IBPs) for children with neurological conditions, primarily, Autism Spectrum Disorder and ADHD.

Highlights of my qualifications include:

- Expertise in evidence-based therapies such as CBT, DBT, and mindfulness-based interventions.
- Extensive experience in teletherapy, managing diverse client caseloads across virtual platforms.
- Proven ability to collaborate with multidisciplinary teams to deliver integrated care.

I am confident that my dedication to client care, combined with my technical expertise and passion for mental health, makes me a strong candidate for this role. I welcome the opportunity to discuss how my skills and experience align with your team's needs.

Thank you for considering my application. I look forward to the opportunity to contribute to your organization.

Sincerely,
Mehjabin Idriz

MEHJABIN IDRIZ

M.A. Clinical
Psychology



Profile Info

Dedicated and compassionate Clinical Psychologist with 6+ years of experience in psychological assessment, evidence-based therapies, and facilitating mental health workshops. Proficient in addressing complex psychosocial issues, with expertise in treating depression, anxiety, eating disorders, and addictions. Passionate about empowering clients to focus on accomplishments and develop resilience.

EDUCATION

MASTER'S IN CLINICAL PSYCHOLOGY

2016-2018

- SNDT UNIVERSITY MUMBAI, CHURCHGATE

Supervised Internship (2017-18)

- Sion Hospital (3 months): Conducted clinical assessments and participated in therapy sessions for clients with acute psychological disorders.
- JJ Hospital (1 month): Gained experience in managing psychiatric cases and crisis interventions.
- Shivaji Hospital (1 month): Focused on psychometric testing and therapy planning under expert supervision.
- Thane Mental Hospital (1 month): Worked with clients with severe mental illnesses in a multidisciplinary environment

BACHELOR'S OF ARTS

2012 - 2015

- SNDT UNIVERSITY MUMBAI, CHURCHGATE

Work Experience

Psychologist (Clinical)

Hayat – The Existence | 2022 – Present

- Conduct in-depth psychological assessments for clients with diverse mental health issues, including depression, anxiety, PTSD, and addiction disorders.
- Implement evidence-based therapeutic interventions tailored to individual client needs, achieving significant improvements in mental health outcomes.
- Lead psychoeducation workshops on stress management, emotional regulation, and healthy coping mechanisms.
- Collaborate with psychiatrists, social workers, and medical professionals to deliver integrated care for clients.
- Monitor client progress through detailed case notes and regular evaluations, ensuring ethical and effective practice.

Online Psychologist

Sage Advice, Choose Your Therapist, TickTalkTo | 2019 – 2022

- Delivered virtual therapy to clients from diverse cultural and socioeconomic backgrounds, addressing issues such as relationship problems, work stress, and trauma.
- Successfully managed high caseloads while maintaining the quality of care and timely follow-ups.
- Developed customized coping strategies and psychoeducation materials to meet individual client needs.
- Maintained confidentiality and upheld ethical standards in telehealth services.

Workshop Facilitator

Junior College | 2018 – 2019

- Designed and facilitated engaging mental health workshops for adolescents on topics including self-esteem, peer pressure, and academic stress.
- Created interactive group activities to enhance understanding and retention of mental health concepts.
- Provided guidance to students experiencing emotional difficulties, referring them to appropriate resources when needed.

SKILLS

- Critical Thinking and problem solving
- Psychological Assessment
- Therapeutic Expertise
- Case Management
- Group Facilitation
- Online Counselling

LANGUAGES

- English
- Hindi
- Marathi (basic)

CONTACT

- ☎ 9158639098
- ✉ mehjabin.khan020@gmail.com
- 📍 Vasai, 401202, Mumbai, Maharashtra

Key Achievements

- Successfully treated over 300 clients with diverse mental health issues, achieving a 90% improvement rate in client-reported outcomes.
- Reduced addiction relapse rates by 70% through personalized therapy plans and evidence-based interventions.
- I have been adept at conducting psychological assessments, including MCMI and ROR, ensuring accurate diagnoses and effective treatment plans.
- Designed and implemented a mindfulness-based stress reduction program for corporate employees, improving productivity and mental well-being.
- Designed and implemented Individualized Education Plans (IEPs) for children with learning difficulties, improving academic performance and confidence.
-
- Trained junior psychologists in psychological testing and therapy techniques, enhancing team performance.

Professional Memberships

- Member of Counsellors Council of India (CCI) (CRN No. CRN6663263)
- Member of Psychologists Collective (PC/2022/124)

Psychometric Assessments

Neurological
Test

PGI-BBD, WMS

Intelligence Test

MISIC, BKT,
WAPIS, WAIS,

Personality
Test

MCMI-III, MMPI-
II, 16PF, HSPQ

Neuro developmental
Test

ISSA,ADHD,
VSMS,SFBT

Projective Test

TAT,CAT. ROR,
DAP,HTP,KFD

Screening Tool /
Career Test

HARS, HDRS,
BDI,BAI,YBOCS, Bangor
Dyslexia, DTLD, DBDA, strong
interest inventory