

SADAF AYAZ HUSAIN BHIMANI

Psychologist

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OBJECTIVE:

To work in an environment where I can enhance my skills of teamwork, volunteer in raising awareness of mental health, conduct counselling/psychotherapy sessions, provide psychological care to individuals, Conduct psychometric assessment and fulfill the ultimate goal of helping society.

DESCRIPTION:

- Exposure and knowledge that I gained during my masters degree helped me understand Axis 1 and Axis 2 disorders well, and not only understand but efficiently help the treatment process.
- The post-graduate training and clinical internship experiences helped me learn to assess, diagnose and develop treatment modules for individuals experiencing difficulties.
- The post-graduate training gave me an in-depth knowledge of different psychological counselling therapies and the internship training period polished my knowledge of its practical application.
- Knowledge of various psychological disorders and illnesses got the opportunity to closely work on the cases of anxiety spectrum disorder, clinical depression, personality disorders, and family issues – especially violence in the family impacting women and children of the house.
- Having studied sociology as one of the subjects in my 3 years of Degree in College helps me understand society, and its norms and provides me with a rational viewpoint to think and understand in the best way possible. Studying gender and society gives me an in-depth understanding of the nature of society with different genders, problems surrounding different genders and the problems faced by individuals coming from different strata of society.
- Looking forward to applying the knowledge gained throughout my educational journey and a small internship journey in my future engagements in the field.

SKILLS:

- Empathetic.
- Problem solving and creativity.
- Good communication skills.
- Case management
- Assessment and diagnosis

- Culturally competent
- Team player
- Detail oriented

QUALIFICATIONS:

- Master of Arts in clinical psychology from R.D National College, Bandra. (Results await)
- Basic and advanced training in REBT under Dr. Debbie Ellis
- Post Graduate Diploma in Therapeutic Counselling from Nirmala Niketan college(Affiliated with University of Mumbai), in the year 2020-2021 with a 9.1 cgpa.
- Bachelors of Arts from the University of Mumbai in the year 2018 - 2019

EXPERIENCE:

- **FEBRUARY 2023 - PRESENT, THERAPIST, IMAM CONNECT (ONLINE PLATFORM BASED IN UK). (FREELANCE).**

Responsibility- Consult clients online and provide psychotherapy sessions.

- **15th March 2024 - 15th June 2024 THERAPIST, THAT HAPPINESS PROJECT. (FREELANCE).**

Responsibility- Collaborated for a project lead by That happiness project and Vriddh care to conduct group sessions for elderly adults at government and non government old age homes.

- **14th September 2023 - 25th December 2023
INTERN PSYCHOLOGIST, REGIONAL MENTAL HOSPITAL, THANE.**

Responsibility- Conduct psychometric assessment to understand Mental status of different individuals experiencing different mental health problems. Provide psychotherapy sessions to inpatients. Dealt with individuals with different disorders like schizophrenia, OCD, PTSD, Learning disability and mental retardation, Personality disorders. Worked on axis 1 and axis 2 disorders.

- **23 April 2022 - 28 February 2023
COUNSELLOR AND A MENTAL HEALTH FRIEND, LIFE QUEST APPLICATION. 6 days a week, 54 hours a week.**

Responsibility- Conduct chat based sessions with clients dealing with different kinds of issues, help them deal with their issues and function productively on a daily basis. Different kinds of issues I have been helping the clients with- Relationship issues, Break-up and moving on issues, attachment problems, dealing with stress and sadness due to different reasons (such as

career, work life balance, love life problems, family and marital problems, etc), anxiety and ocd.

- **24th March 2022 - PRESENT**

**INTERN(WORK REMOTELY), HUES OF THE MIND.
RESEARCH AND PSYCHOLOGY DEPARTMENT.**

Responsibility- work collaboratively with the psychology department on research papers, conduct workshops and help with content creation for social media pages and different workshops to be conducted by the team.

-Participated in the organisation's annual mental health awareness event called evolve as coordinator for the editorial and research department.

-Conducted workshops with the team and helped in creating scripts and content for the workshop.

-Worked on Education-technology projects and helped in creating content for the website to create awareness regarding various mental health conditions.

- **15TH MARCH 2021 – 1ST JULY 2021**

INTERN, TALK TO ME (NGO).

Responsibility- To observe counselling sessions under the psychologist, maintain detailed records of the cases (session summary, case details, intake, etc), help senior psychologists prepare assessment reports, help with evaluating tests conducted on clients.

- **10th August 2019 – 26th December 2019.**

Marketing & hr executive, Innovation Solution.

Responsibility- Recruitment of candidates, conducting recruitment procedures (Interviews, employee onboarding and joining formalities), Training new employees, conducting meetings with the client, preparing presentations and providing demonstrations of websites and software. Project management.

Volunteering -

- At St. Johns Marthoma School as a Teacher for the Academic year 2022- 2023,
Subjects- English Communications and ITC.
Working 14 hours per week.
For 1st to 5th Grade.

Learnt Psychotherapy and modalities :

- REBT.
- CBT.
- GESTALT THERAPY.
- EFT.
- BEHAVIOUR MODIFICATION THERAPY.

WORKSHOPS CONDUCTED:

- Conducted a workshop along with the founder of Hues of the mind, in collaboration with Girls up Sydney on April 10th 2021, Topic - Coping with uncertainty.
- Conducted a workshop along with the founder of Hues of the mind, in collaboration with Feminist Pen on July 9th 2022, Topic- IKIGAI- Discovering yourself and safe spaces - A Self Discovery Workshop.
- Conducted a workshop for Hues of the mind, in collaboration with Shell, on June 11th, 2024. Topic - Coping with stress and stress management at workplace.

WORKSHOPS AND TRAINING ATTENDED:

- Attended a Basic and Advanced certification course In REBT by co-author of REBT and wife of Dr. Albert Ellis - Dr. Debbie Ellis