



# Arshia Vincent

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clinical psychologist with a holistic approach, proficient in psychological assessments, personalized treatment planning, and evidence-based interventions. With exposure to clinical, educational, and industrial settings, I offer a solid understanding of mental health, employee engagement, and well-being. Skilled in fostering resilience, enhancing mental wellness, and driving positive change, I aim to contribute to client-centered environments that prioritize holistic care

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## Educational Background

- **Kristu Jayanti College ,  
Bengaluru**  
Bengaluru North University  
Masters In Clinical Psychology  
2022 - 2024
- **Prajyothi Nikethan College, kerala**  
Calicut University  
Bachelors in Psychology  
2019-2022
- **Chaldean Higher Secondary**  
School Biomaths with PCB  
combination Completed in  
2017 - 2019

## Skills & Proficiencies

- Counselling and therapeutic Techniques
- Cross Cultural Competence
- Behavioural Modification
- Employee Engagement
- Psychological Assessment and Treatment Planning
- EAP

## Work Experience

**Consultant Psychologist**  
**Visit Health Private Ltd**  
*Telecounsellor | EAP*  
**Aug 2024 to Present**

**Bengaluru NeuroCentre | Clinical Psychology Intern**  
Assisting in treatment planning, conducting assessments and psychoeducation, and collaborating with parents and caregivers.  
**Jan 2024 to April 2024**

**Kusumagiri Mental HealthCentre| Clinical Psy Intern**  
Documenting client progress, assisting in crisis intervention, facilitating group therapy, and collaborating on individualized treatment plans with psychologists and multidisciplinary teams.  
**Dec 2023 - Jan 2024**

**Thissur Govt Mental Health Centre**  
Conduct clinical assessments, assist in treatment planning, maintain documentation, and support behavioral management.  
**Jun 2023-July2023**

## Certification & Publications

- APA Certification on Suicide prevention & Crisis Intervention
- Mindfulness-Based Stress Reduction (MBSR)& Yoga
- Published papers on Premenstrual syndrome , Appearance Anxiety and loneliness
- Pediatric Neuropsychology Certification