



AMITHA S

CLINICAL PSYCHOLOGIST

Contact no: +91 8296331924

Mail ID:

amitha29srinivas@gmail.com

SUMMARY

Compassionate and emotionally intelligent professional experienced in supporting patients to overcome mental, emotional and behavioral challenges. Exceptional communicator with ability to foster strong, professional relationships with patients to aid swift recovery.

SKILLS & ABILITIES

- Emotional awareness
- Build good rapport
- Co-operative and coordinative
- Social work
- Attentive listening
- Multi-lingual
- Deal with sensitive situations
- Psychiatric evaluation
- Psychotherapy / counselling
- Regulatory compliance
- Polite and friendly
- Active listening
- Confidentiality and discretion
- Empathetic
- Understanding of situations (patient and care-givers)
- Hospitality
- Supportive to colleagues

EXPERIENCE

SPANDANA NURSING HOME, BENGALURU

PSYCHOLOGY INTERN, 4/2021-7/2021

- Participated in regular clinical supervision to improve psychotherapy skills and troubleshoot client issues.
- Conducted Mental Status Examination, in order to help understand the patient condition and plan for treatment accordingly based on the diagnosis obtained.
- Delivered 1:1 therapy for clients suffering from mental health disorders under supervision of Clinical Lead.
- Gathered information and evaluated behavior through controlled laboratory experiments, psychoanalysis or psychotherapy.
- Built rapport and guided discussions with patients using therapeutic communication techniques.
- Supported patients exposed to traumatic events in overcoming mental, emotional and behavioral challenges.
- Aided patients in setting recovery goals and conducted tests and experiments to monitor progress.
- Offered ongoing care and support to patients with long-term health conditions, facilitating recovery.
- Evaluated effects of beliefs and feelings on individuals through observation, assessment or experimentation techniques.
- Studied behavior and brain function through behavioral and emotional research, increasing clinical knowledge.
- Worked with other professionals in offering referrals for additional care, evaluation or treatment.
- Communicated with clients to unmask complicated mental health issues.
- Provided successful treatments for underlying behavioral issues with comprehensive care plans.

SRI SANKARA CANCER HOSPITAL, BENGALURU

PSYCHOLOGY INTERN, 12/2020-02/2021

- Work alongside with the pain and palliative care department, at Sri Shankara Cancer Hospital.
- To help the patients, care-givers support, psycho-education and counselling.
- Patients of all age group were taken into consideration.
- Work with other departments, in betterment of the patient of different stages of cancer.
- Work with children suffering from cancer.
- To understand the psychological need and requirements of the patients of different age group.
- To assess Mental Status Examination of the patients.
- Helped Lead Psychologist formulate, diagnose and plan treatment options for clients.
- Maintained exceptional client records, including inputting client information, client documentation and clinician notes.

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- Relationship building and management
- Maintain good work space and healthy working environment
- Technical Assistance when required.
- Building good rapport.

- Wrote articles and reports to share findings and educate communities on psychological issues.
- Applied knowledge of psychological theory and practice in developing and recommending treatment plans.
- Communicated with clients to unmask complicated mental health issues.
- Providing support to family members to uncover patient history, mental health issues and psychological triggers.
- Collected information necessary for psychological diagnosis by interviewing, observing and surveying patients.

EDUCATION

KLE SOCIETY'S SCHOOL, BENGALURU

10th Schooling, 2013, GPA: 7.2

- Member of School House groups.
- Active social worker.
- Participated in multiple school sports teams.
- Participated in literature fests and competitions.
- Member of school clubs (e.g.- life skills club, dance club, art club, etc.)

VIDHYA VARDHAKA SANGHA, BENGALURU

Second Pre-University, 2015, percentage: 68%

- Major in PCMB (Physics, Chemistry, Mathematics and Biology)
- Participated in cultural activities in the college.
- Indulged in literature and biology.

ACHARYA INSTITUTE OF GRADUATE STUDIES, BENGALURU

Under- Graduate: Bachelor of Arts, 2021, GPA: 7.62

- Triple Major: PJOE (PSYCHOLOGY, JOURNALISM and ENGLISH LITERATURE).
- Active member of NSS (National Service Scheme).
- Participated in cultural activities.
- Exposure to the field of journalism and English literature.
- Internship in the field of Psychology.
- Worked as a business associate and Human resource associate in CIRCEI Education Services (Model UN based start-up).
- Host events and debates with CIRCIE Education Services.
- Worked as content writer and chief editor for a sports website - Sportyfiend.

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JSS MEDICAL COLLEGE, MYSURU

Post- Graduate: Masters of Science (CLINICAL PSYCHOLOGY),
2023,GPA: 7.45

- Dissertation in "**Emotional Regulation and Marital Satisfaction seen in patients post-operative Lumbar Discectomy**".
- Coursework in Clinical Psychology.
- Exposure to clinical work involved in the field of psychology.
- Prepare Case reports.
- Conduct assessments to confirm the diagnosis of the patient respectively as per the requirements.
- Thorough of DSM-5 and ICD-10.
- Understand the clinical importance in the field of psychology.
- Deal with sensitive and clinical cases, in the department of psychiatry.
- Work along with other departments in the hospital.
- Attended National Conferences with respect to the field of psychology held all over India.
- Participate in other co-curricular activities hosted by the department and the Medical College.

PROFESSIONAL AFFILIATIONS

- Active NSS member.
- Member, Girl Up United Nation Foundation.
- Delegate, "Residential Clinical Skills Training Workshop in Psychosexual Medicine".
- Delegate, "II Biennial Conference on Cognitive and Clinical Neuropsychology".
- Participant, "World Suicide Prevention Day".
- Volunteer, "Unlocking the Alleys of LGBTQ+".
- Participant, "Reification of Identities in Media and Literature".
- Participant, workshop on "Face reading and body posture".
- Participant, workshop on "Neuro-feedback".

ADDITIONAL INFORMATION

- Keen to learn, grow and keep a positive attitude.
- Updated on new technology and usage of it.
- Good at content writing/blogging/editing.
- Interest in research and literature related to it.
- Take up new challenges.
- Good at organizing events and hosting them.
- Easy communication with people.
- Comfortable and easy to talk to.
- Easily adaptable to new situations and places.
- Can work with Microsoft Office.
- Interested in social activities and bring awareness about the importance of mental health among the people/ society.

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REFERENCES**JSS MEDICAL COLLEGE, MYSURU**

DR. MANOJ K PANDEY

HEAD OF THE DEPARTMENT

DEPARTMENT OF CLINICAL PSYCHOLOGY

MAIL ID: manojkpandey@jssuni.edu.in

**ACHARYA INSITUTE OF GRADUATE STUDIES,
BENGALURU**

MR. GEORGE V T

DEPARMENT OF PSYCHOLOGY

MAIL ID: george@acharya.ac.in

SRI SHANKARA CANCER HOSPITAL, BENGALURU

DR. PAVITHRA H

PSYCHIATRIST

DEPARTMENT OF PSYCHO-ONCHOLOGY

MAIL ID: pavithrah89@gmail.com