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Shalini Tyagi

Profile

Clinical Psychologist (RCI Licensed A79201) with strong academic background in mental health and trained in Psychotherapy, Clinical Research, Psychological Assessments, Treatment plans and PsychoSocial Rehabilitation. I have interest in Psychological issues at the workplace (Armed Forces/Corporate) , Clinical Nutrition and Social Work.

Achievements

Secured **1st Rank in Gujarat University, M.A. Clinical Psychology** with 80% aggregate. **Gold Medal**

Topper in Under Graduation programme at St. Xaviers College, Gujarat University with 77% aggregate in BA Psychology programme.

Grabbed the prestigious **Father Herbert A D' Souza Prize** at St. Xaviers College. A recipient of Rajiv

Gandhi Yuva Samman 2012- Meritorious Student Award.

Education

SGT Hospital & Research Institute, Gurugram Haryana - **Professional Diploma In Clinical Psychology (RCI Approved), 2021**

University School of Psychology (Gujarat University)— **M.A. in Clinical Psychology, 2015**

St. Xaviers College (Gujarat University)— **B.A. in Psychology, 2013**

PhD (Psychology) , 2022- Present

Diploma in Nutrition and Dietetics, National Healthcare Academy Singapore with on site training at Delhi 2022

Professional course in NeuroPsychiatry , University of Tasmania , 2019

NMIMS Mumbai - **Diploma in HR Essentials** & Organizational Behavior, 2020

Certificate Course in Personality Growth oriented programme from St. Xaviers College. 2012-2013
Grade A+

Presented **Paper at National Annual Conference of Indian Association of Clinical Psychologists**, 2015

Academic Projects Undertaken: Intas Pharmaceuticals (Gujarat)—Comparative Study of Leadership and Team Effectiveness Published as (Research Aajtak Vol4-No 1 ISSN 2278-2001, June 2015)

Experience & Skills

- **Senior Clinical Psychologist & Asst. Team Lead** at Fitterfly, Sep 2022-Present

(In 1.6 years promoted twice for good health outcomes, highest reviewed therapist with maximum referrals and re enrolments & working exclusively on VIP cases. Current role involves seeing VIP cases, team management and product development for the company.)

- **Clinical NeuroPsychologist & Trainer ,CAPF Ministry of Home Affairs** (Bawana & Directorate General office) Delhi Oct 2021 - present. (Assessing, diagnosing, and treating police personnel with mental or emotional disorders. Developing innovative treatment approaches responsive to the specific needs of personnels & their families)

- **Trainer at PsychShots** , August 2021- Sept 2022 Freelance (11th - Mphil entrances)

- **RCI approved Trainee Clinical Psychologist at SGT Hospital (2020-2021) Full Time**

(Psychiatry, Therapy & Counseling, Psycho Social Correlates Of Mental Health, Departmental Postings In Hospital, Case workup, Conducted Psychological Tests/Assessments, Outlining Treatment Plan, Therapy Sessions Under Supervision Of RCI licensed Psychiatrists & Clinical Psychologists)

- **Counseling Psychologist at Composite Hospital , Jarodha Kalan,Delhi** (2019-2020)

- **Grief & Trauma Therapist to CAPF Personnels ,Bawana ,NW Delhi 2015-2020 (Part Time)**

Worked with recruits and enlisted service members to conduct psychological evaluations, offer emergency and trauma-related services, and organise programs that help police personnel and their families cope with issues related to their service, such as frequent relocations and deployments.

- **International Affiliate Member at APA** (Feb 2024 - present)

- **Advisor & Cl. Psychologist at Mid Life Care Foundation**, NGO based at Delhi (Social Work)

- Counseling , Child & Clinical Psychology **Internship at Cognizavest, 2020**