



TANYA SINGH

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OBJECTIVE

A highly motivated and results-oriented counsellor psychologist with a passion for helping individuals overcome personal challenges and reach their full potential. Proven experience in providing individual and group therapy, conducting psychological assessments, and developing individualized treatment plans. Skilled in a variety of therapeutic modalities, including cognitive-behavioural therapy (CBT), psychodynamic therapy, and mindfulness-based interventions. Committed to providing compassionate and culturally competent care to all clients. Dedicated and empathetic Counsellor Psychologist with a proven track record of providing compassionate mental health support to individuals of diverse backgrounds. Seeking to leverage strong therapeutic skills, excellent communication, and a passion for helping others to contribute positively to the well-being of clients

SKILLS & ABILITIES

- Active listener
- Individual and group therapy
- Solution-focused therapy
- Psychological assessment
- Treatment planning and implementation
- Crisis intervention
- Case management
- Psychopharmacology Family therapy
- Workshop
- Cultural competency
- Excellent communication and interpersonal skills
- Strong clinical judgment
- Compassion and empathy
- Teamwork and collaboration
- Time management and organizational skills.

EXPERIENCE & ASSIGNMENTS

SENIOR PSYCHOLOGIST (Manas Foundation) 05/2022 – Present

A Delhi-based national civil society organization working on the issues of mental health and gender justice, working as a psychologist at OHB-1, Delhi Gate as part of the Manas Foundation. I have developed a deep understanding of the unique challenges faced by individuals and communities navigating these overlapping issues. My experience encompasses individual and group therapy, conducting psychological assessments, and designing and implementing interventions that promote mental well-being and empower individuals to confront gender-based discrimination and inequalities.

- Orient Children in conflict with the law about the rules and provisions of the institute and their case.
- Provided PMD, Follow up, Family, and Post Restoration sessions along with PAR.
- Counsel Children with Crisis Intervention when needed.
- Conduct multiple Workshops on various topics.
- Provided assessment tools like Career inventory, Substance abuse screening tests, VSMS, BDI, etc. when needed.
- Prepared reports documenting mental health assessments after meeting with and observing children.
- Prepared monthly meetings for the assessments of work done in a month.

BEHAVIOUR'S THERAPIST/PSYCHOLOGIST (Autism Centre for excellence Gurugram)
Period 08/2021 – 02/2022.

- Leveraged my expertise in psychology and counselling to support individuals and families affected by autism spectrum disorder (ASD) at the Autism Centre for Excellence. Successfully provided individual therapy, conducted comprehensive assessments, and developed personalized treatment plans tailored to each client's unique needs. Actively participated in interdisciplinary teams to collaborate with therapists, educators, and other professionals to ensure holistic care and optimize client outcomes. Additionally, contributed to the development and implementation of educational workshops and support groups for families of individuals with ASD. This experience has equipped me with a deep understanding of ASD and its impact on individuals and families, allowing me to provide culturally competent and compassionate care within a multidisciplinary setting.
- Classroom Keller, case manager (taking behaviour data and uploading on the **ACE APP**, going on shift with autistic kids and making their individualized education programs, applying applied behaviour analysis and increasing appropriate behaviour and decreasing inappropriate behaviour as well as behaviour management guideline

INTERN PSYCHOLOGIST (Prakash Hospital Noida

Period 08/2021 – 02/2022

- Assisted in the assessment and diagnosis of clients with various mental health disorders.
- Co-facilitated therapy groups focusing on specific issues, such as anxiety and depression.
- Conducted literature reviews and contributed to treatment planning meetings.
- Engaged in ongoing professional development through supervision and training sessions.

EDUCATION

- 07/2015 – 2018 Noida
Amity University *Bachelor's in Clinical Psychology.*
- 2018 – 2020 Noida
Amity University *Masters in clinical psychology*

ACHIEVEMENTS & PUBLICATIONS

Research paper on Correlation between working memory and anxiety among young adults.
Indian journal of psychology

- Anxiety represents a core phenomenon around which various psychiatric theories have been organized. Anxiety involves feelings of apprehension about possible future danger accompanied by autonomic symptoms such as headache, perspiration, palpitations, tightness in the chest, and restlessness whereas working memory is an area of memory that temporarily stores and manages data that's needed to hold out complicated psychological feature tasks like learning, reasoning, and comprehension. it's concerned with the choice, initiation, and termination of data process functions like cryptography, storing and retrieving knowledge.
- Aim and background: the aim of this quantitative research was to study the relationship between anxiety and working memory among young adults, there was only one hypothesis which was, that there will be a significant relationship between anxiety and working memory among young adults.
- Methodology: For this purpose, the sample size of the study was 140 and the locale of the study was Delhi-NCR. The sample for the study was selected through convenience from the age group of 18-25 years. Since this wasn't a gender-specific study, the male-to-female ratio is mixed. State trait anxiety inventory (by Sanjay Vohra 2011) and the working memory questionnaire (by Vallat-Azouvi 2007) were administered to the sample.
- The findings were analysed by using the mean and Pearson's correlation. Results: Showed a significant relationship between anxiety and working memory among young adults.

PERSONAL DETAILS Date of Birth : 09 June 1997

- IT Proficiency: Can work in an automated environment. PPTx, & Word
- Bilingual in English and Hindi.
- Strong research and writing skills
- Excellent presentation and public speaking skills
- Passionate about mental health advocacy