**Stuti Kapadia**

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**Personal Profile**

A masters student studying Mental Health Studies at King’s College London, seeking to further my career within the field of clinical psychology. I have experience working with vulnerable individuals with mental health issues in a variety of professional settings. Research experience has also been gained in psychology as well as developed a psychometric test. I have attained an immense skill set from my experiences and degrees including knowledge and experience of critical thinking, prioritization and analytical skills. My many endeavours have allowed me to adapt both my verbal and written English, which is of exceptional standard, but I also speak fluent Hindi, Gujarati, Marathi and basic German. Throughout I have developed in the use of Microsoft Office applications (Word, PowerPoint, Excel) and basic SPSS software. Have been granted membership from British Psychological Society as MBPsS

**WORK EXPERIENCE**

**Jan 2019- Sept 2019 South London and Maudsley Hospital as a placement student (ES1 Psychiatric Intensive Care Unit)**

* Commercial awareness developed through understanding how to communicate with patients presenting violence and aggression, updating patient records electronic data system and conducting clinical formulations such as Mental State Examination (MSE) and other assessments.
* Experience of working with patients detained under Mental Health Act.
* Understanding how a clinical setting works as with an MDT with Nurses, Doctors and OT.

**June 2017- Dec 2017 Cooper Hospital, Mumbai, India as Medical Assistant (Psychiatric outpatient)**

* Excellent observational skills on how to assess patients and recognise various signs and symptoms.
* Following instructions carefully and accurately to understand differences in symptoms and formulation of a range of disorders.
* Handling complex information considerately.

**June 2016-Dec 2016 Vishwas Mind Care Institute of Mental Health as Psychology Assistant (inpatient)**

* Developed a basic understanding of mental health disorders by observing patients presenting several mental health conditions like depression, schizophrenia, psychosis and others.
* Emotional resilience and a non-judgemental approach developed, by being aware of own’s feelings and emotions, accepting our flaws, which can help in better management of the patient.
* Empathy with patients and situation they are in, by sensing the patient’s world as if it were our own but without losing the “as if” quality.

**EDUCATION & COURSES**

**Sept 2018- Sept 2019 MSc in Mental Health Studies, King’s College London, (Merit Expected)**

**Modules Include**- Basic Mental Health, Cognitive Behavioural Therapy, Social and Community Mental Health, Qualitative Research Methods, Statistics for Mental Health Research

**Dissertation Topic**- To find out short term interventions for women in crisis suffering with Borderline Personality Disorder

* Knowledge of core mental health disorders and treatment strategies using clinical formulation and cognitive behavioural therapy.
* Reflecting critically by evaluation of blogs and essays of our own as well as others.
* Ability to make clear, structured arguments and support them with evidence by writing in-depth essays and reviews.
* Planning use of time to ensure tasks are delivered to high standard and according to deadlines.

**Aug 2015-July 2018 BSc Clinical Psychology, Amity University Mumbai, India (1st)**

**Modules Include**- Counselling Psychology, Clinical psychology, Cognitive Psychology

**Research**: Project with presentation on ‘Correlation between Personality traits and Parenting Styles’.

**Dissertation Topic**- "Pre and Post Intervention Study to see the effect of Activity Scheduling on Depression."

* Team skills and confidence developed by organisation with peers to negotiate, plan and deliver group projects.
* Communicating information and ideas clearly by writing an article for Annual Magazine of the University to raise awareness about Mental Health.
* Worked largely unsupervised for various presentations and completed tasks as required, demonstrating self-motivation.
* Rapport building, case history and report formulation skills developed by conducting psychological tests at academic level.
* Knowledge and practical experience of collecting data and analysing results.
* Developed a psychometric test on topic ‘Emotional Maturity’.

**COMMUNICATION AND INTERPERSONAL SKILLS**

**Sept 2018-Sept 2019 Subject Ambassador for Ioppn, King’s College London,** developing excellent verbal and written communication skills by confidently interacting with prospective students and parents regarding courses at King’s and what they can expect and gain from the same.

**Sept 2018-Sept 2019 Panellist for King’s 100**, giving input on a range of student experience projects by writing and expressing own view on the given topic, discussing it with a group of ten people and confidently sharing opinion to the wider group.

**Sept 2018-Sept 2019 Mentor at Shine Mentoring for children**, mentoring a child to develop academic and emotional support and work as a part of the team.

**ADDITIONAL INFORMATION**

* Poster presentation on “Expressive Art Therapy as An Alternative Approach to Treatment” at the ‘Interdisciplinary National Conference 2016 Green Technology and Sustainable Development Indigenous Practices’ (26th and 27th February 2016). ISBN Publication: 9789380570860.
* Participated in three-day workshop on Rational Emotive Behavioural Therapy (REBT), conducted at Amity University Mumbai, affiliated to Albert Ellis Institute, New York.
* Poster presentation on the topic “Positive Psychology and Well Being” at the State Level Seminar On ‘Well Being’ at D Y Patil College of Arts, Commerce and Science, Pimpri, Pune, India.
* Participated in three-day Entrepreneurship Awareness Camp held at Amity University Mumbai, conducted by Government of India.
* **REFERENCE –** Dr Stefania Tognin (Course Leader) – [Stefania.tognin@kcl.ac.uk](mailto:Stefania.tognin@kcl.ac.uk)