



# NIYANTA DEY

## BUDDING PSYCHOLOGIST, MENTAL HEALTH ADVOCATE

### PERSONAL PROFILE

I am a Mental Health worker who is currently a Masters disciple of Psychology with a focus on developing a practice which is result-oriented. I come from a space of scientific curiosity and take it further with compassion, empathy and approaches which are all inclusive.

### WORK EXPERIENCE

#### MENTOR-GUIDE

November 2019 - Present

- Curating schedules which are focused on holistic well being and achieving academic goals for teenagers and young adults; creating new day to day systems for clients to adhere to.
- Helped clients set self-directed goals and identify mediums for better understanding of the therapeutic processes they may be part of.
- Impart self-sufficiency skills and provide mentor ship within academic, professional and personal spheres of life.

#### MANSI THERAPY KOLKATA - INTERN

November 2019 - December 2019

- Assisting MHPs with curating Case Reports, Transcription work, Psychometric tests, as well as Observing Sessions and preparing reports for the same.
- Day to day interaction with people at various stages in therapy; working on interpersonal and observational skills.
- Assisting with research work involving impact of Narrative Practices on MHPs.
- Exposure to the different approaches into therapy and thus devising a sense of an Eclectic approach.

#### BHARTI-AXA - SURVEY CURATION

MAY 2020 - JUNE 2020

- Creating the framework of a research form curated to collect data from a target employee sample.
- Providing with a standardization protocol for the construction of the questionnaire, making it scientifically valid.

#### CONTENT CURATION - THOMAS COOK, ZOMATO, SMALL THINGS OF KHUSHI

2016 - Present

- Assigned to conduct extensive research on the Target locations, specifically aiming to scavenge powerful material for marketing purposes.
- Responsible for development of original content for each target location and creating a thorough portfolio for each in a prescribed timely and efficient format.
- Writing, Reviewing, Editing, Proof-Reading the content developed for the company.

### CONTACT ME AT



Kolkata, India



niyantadeyoff@gmail.com



8820974332



[www.linkedin.com/in/niyanta-dey-bb762b187](https://www.linkedin.com/in/niyanta-dey-bb762b187)

### SKILLS SUMMARY

- Interpersonal Conduct and Communication
- Observational Analysis & Transcriptional work
- Curating Case History, Progress Reports and Session Reports
- Curating content for Mental Health Spaces and platforms
- Designing Training programmes for Adolescents and Young Adults
- Creating Questionnaires, Survey forms which are target based
- Assisting MHPs with complex cases and providing aided services
- Excellent Rapport Building skills
- Good command over multiple languages, regional and international.

## EDUCATIONAL HISTORY

### SETH ANANDRAM JAIPURIA COLLEGE

#### CALCUTTA UNIVERSITY (2016-2019)

Bachelor's in Arts - Honors in Psychology - 56%

### ARMY PUBLIC SCHOOL KOLKATA

#### CENTRAL BOARD OF SECONDARY EDUCATION (2015-2016)

Pure Sciences - 84%

## ALLIED EXPERIENCES

### INDIA AUTISM CENTRE - Autism Speciality Care Education

June 2020, July 2020

- The Impact of Social Isolation on Children with Autism with Dr. Amir Miodovnik
- Use of Visual Models for ASD individuals with Kathleen Bailey Stengel and Dr. Kaori Nepo

### ANTARANG FOUNDATION- Compassionate Counselling

June - July 2020 (2 months)

- Exposure to Mindfulness practices, Concept of bringing Compassion for self.
- Deep work with Mindfulness practices, Concept of analyzing a potential case, techniques into developing Compassion for others we counsel. Working with SPACE technique.

### Positive Psychology - 'Misconceptions surrounding Happiness' - Workshop

(Yale Course framework)

July 2020

- Concepts and foundation through the lens of Seligman's Model of Well being. Use of PERMA Profiler as well as VIA Questionnaire.
- Familiarization with various research work such as those of by Ed Deiner, David Myer, Jackson, Gilbert and others.

### COUNSEL INDIA - Addiction Detox

July 2020

- Concepts involved in Addiction, debunking myths and misconceptions about addiction and the various aspects involved in it.
- Equipping the addict with resources, various processes and concepts involved with Detoxification.