

MARIAN PARAYIL

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PROFILE

A graduate psychologist with hands-on experience in intelligence and personality assessment and psychotherapy.



PROFESSIONAL EXPERIENCE

Psychologist Intern
Vasai-Virar Institute Of
Behavioral Health and
Sciences (VIBHAS)
Hospital
September 2019 - March
2020

- Conducted psychological testing and assessment (intelligence and personality assessment) for 10 in-patients.
- Handled Individual Psychotherapy sessions for over 12 in-patients.
- Managed 10 Group Therapy sessions and activities for the male and female in-patients of VIBHAS hospital. The sessions focused on topics like anger management and skill building like relaxation skills and gratitude skills.

Psychologist Intern
Nirant Mindcare Centre
September 2019 – March
2020

- Conducted Personality and intelligence assessment for 15 out-patients.
- Developed individual treatment plans for 6 out-patients mainly using evidence-based therapeutic techniques like REBT and CBT for management of anxiety and depression.
- Prepared detailed reports of tests conducted such as Rorschach, Thematic Apperception Test, Minnesota Multiphasic Personality Inventory and Intelligence Tests like MISIC and WAIS.



COMPETENCIES

Intelligence Assessment
Personality Assessment
Rational Emotive Behavior Therapy
Cognitive Behavior Therapy
Transactional Analysis
Research Paper Writing



EDUCATION

2020

Master of Arts in Clinical Psychology
Maniben Nanavati Women's College, SNDT University

- Conducted final year research assessing variables of locus of control, academic entitlement and grit among adolescents with and without learning disabilities.
- Provided personality development, career planning and soft skill training to undergraduate students.



PERSONAL DETAILS

Languages Known
English, Hindi, Marathi,
Malayalam
Location
Mumbai

2018

Bachelor of Arts in Psychology
Maniben M.P. Shah College, SNDT University

- Ranked 1st in college and in Psychology in the final year.
- Student editor of college magazine *Vageeshwari*.
- Runner up of 'Best Student Award' for the year 2017-2018.
- Presented two research papers '*Relationship between Gratitude, Altruism and Happiness*' and '*A comparative study of resilience and self-esteem among first-born and last-born individuals*' at the Bombay Psychological Association National Multidisciplinary Conference 2018.



ACHIEVEMENTS

Organized activities for **Mental Health Week programs** at Maniben Nanavati Women's College (2018-2019)
Presented a research paper '*A comparative study of family-work conflict and life satisfaction amongst working married couples*' at an **inter-collegiate student research competition** organized by Maniben Nanavati Women's College (2018)
Interned as a **teacher's assistant** for preschool students for **Matunga King's Circle BMC school** for three months when pursuing my bachelor's degree (2016)
Secured **2nd position in Trishool: Psychological Convention 2016** for presenting research paper '*Empathy and Altruistic behaviour as a function of Helping Profession in Women*' (2016)