

# Kanica Bhutoria

## Psychologist

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Compassionate Clinical Psychologist committed to serving patients by listening to concerns and guiding patients in approaching behavioral, mental and emotional problems. Well-versed in various psychological techniques, including cognitive behavioral, mindfulness-based and emotion-focused therapies. Hardworking with excellent logical reasoning skills. Specializing in Cognitive psychology and competent in Gestalt and Dialectic Behavioral therapy. Demonstrated history of successfully applying knowledge and insights developed under the guidance of licensed practitioners.



### Skills

Interventions



Therapeutic techniques



Therapy



Psychological Assessment



MS Office



Behavioral Modifications



### Work History

#### Feb 2020 - Trainee

**Current**

*Manipal Hospital, Bangalore, India, Karnataka*

- Conduct intake sessions Conduct assessments and analysis of projective techniques Teach therapeutic techniques like JPMR, mindfulness and relaxation Handle clients with anxiety. Managed 50% clients per day
- Assisted licensed practitioners in diagnosis and treatment of chemical dependencies and psychiatric conditions such as Schizophrenia, Depression and Specific Learning Disability.
- Gained understanding of Therapeutic procedures by closely monitoring intake and diagnosis processes.

#### May 2019 - Intern and Volunteer

**May 2020**

*Mantra Social Services, Bangalore, Karnataka*

- Involved in planning and making teaching aids which would be used in government schools.

**Jul 2017 -  
Sep 2017**

## **Trainee**

*Gautam Hospital And Research Centre Jaipur, Jaipur, Rajasthan*

- Observer in-patient and out-patient clients during therapy sessions Collect case history and mental status examination Conduct psychological test on out-patient clients.
- Assisted licensed practitioners in diagnosis and treatment of chemical dependencies and psychiatric conditions such as Bipolar Disorder, Obsessive Compulsive Disorder and Psychosis

**Sep 2016 -  
Apr 2017**

## **Trainee**

*Counseling and Career Development Cell The IIS University*

- Enhancing counseling skills, application of interview tools, taking psychiatric history and mental status examination Record maintenance, planning and implementing therapeutic interventions Counseling and Career Development Cell The IIS University, Jaipur, Record maintenance and test conduction.



## **Education**

**Aug 2018 -  
Jul 2020**

### **Masters: Psychology**

*Montfort College - Bangalore*

Honors Program, GPA: 4.0

- Majored in Clinical Psychology
- Graduated in Top 3% of Class
- Thesis: Better Safe than Sorry?
- Elected to Sport Secretary for Student Council in 2019
- Member of Research Club

**Aug 2014 -  
Jul 2017**

### **Bachelors of Arts: Psychology**

*The IIS University - Jaipur, Rajasthan*

GPA: 3.7, GPA: 3.4

- Minored in German
- Graduated with 3.4 GPA



## **Research Projects and Publications**

### **Better Safe than Sorry? (2020-present)**

- The study is aimed at understanding cognitive distortions and the process behind their development. It aims to answer the fundamental question: do cognitive distortions serve any benefit to individuals?

### **Optimism, Internet use and musculoskeletal complaints (2020- present)**

- In collaboration with Dr. Manoj Sharm, NIMHANS, Bangalore and Sathish Kumar, Maastricht University, Netherlands □ To assess pain physiology in individuals with internet addiction

### **Meta-analysis study: Cognitive Distortions (2019)**

- To provide an overview of cognitive-behavioral therapy and cognitive distortions.
- The theoretical and conceptual understanding of cognitive-behavioral therapy and cognitive distortions will be summarized.

### **Embodied Cognition: Dance, Body, and Mind (2018)**

- Presented at International Conference: Frontiers of Consciousness
- Published in International Journal of Indian Psychology, 25th December 2019.
- <https://ijip.in/articles/embodied-cognition-dance-body-and-mind/>

### **Article Reviewer: Psychopathic Traits and Identity Threat as Predictors of Everyday Heroism (2019)**

- Elsevier, Personality and Individual Differences, Acted as an assessor for the journal

### **Test Construction: Adolescents attitude towards drugs (2018)**

- Developed to measure the attitude of adolescents towards substance use

### **Role of positive affect and negative affect in orientation to happiness: A study on working population (2017)**

- Published in Indian Journal of Health and Well-being. 2018, 9(1), 76-78
- <http://iahrw.com/article.php?numb=1&article=Q3VHUHpvYzZXZytmQ0ZoUVNyenpZZz09>

Published in Indian Journal of Health and Well-being. 2018, 9(1), 76-78 □ Investigated the relationship between orientation to happiness and affect among individuals in India.

<http://iahrw.com/article.php?numb=1&article=Q3VHUHpvYzZXZytmQ0ZoUVNyenpZZz09>



## **Training**

- Rational Emotive Behavior Therapy accredited by the International Association of Therapists (IAOTH)
- Gestalt Psychotherapy accredited by the International Association of Therapists (IAOTH)
- Dialectical Behavior Therapy accredited by the International Association of Therapists (IAOTH)
- Rorschach- Projective Inkblot Technique by Dr. Dwarka Parshad
- Gatekeepers Training: Suicide Prevention by Mukta Foundation
- Acceptance and Commitment Therapy by Aware Mental
- How to recognize and interact with intellectually disabled people by MEE Zuid-Holland Noord
- Basic and Beyond-Hypnosis



## **Conference and Seminars**

### **National Conference: Mental Health and Technology in the changing world Bangalore, 2020**

- Volunteer and Rapporteur

### **International Conference: Frontiers of Consciousness Bangalore, 2018**

- Paper presenter: Embodied Cognition: Dance, Body and Mind
- Volunteer and rapporteur

### **National Conference: Culture, Youth and Future Bangalore, 2018**

### **National Conference: Women, Health and Identity. Re-visioning a Multidisciplinary Perspective Jaipur, 2016**

### **Challenges of Psychological Practice in the 21st century Bangalore, 2019**