

CLINICAL PSYCHOLOGIST

NOREEN CHOUDHRI

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India

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CLINICAL PSYCHOLOGIST (Experience 7+ years)

Licensed by Rehabilitation Council of India (RCI)

CRR No. A44267(A Statutory Body under the Ministry of Social Justice and Empowerment)

M.Phil. in Clinical Psychology (Gold Medalist), M.Sc. (Psychology with specialization in Clinical),
Bachelors of Arts and Humanities.

Member of American Psychological Association (Membership ID#: 67307097 for Society for the
Psychology of Women (Division 35 of the American Psychological Association).

Capable of making creative policy contributions across multiple disciplines

OBJECTIVE:

Dynamic, result- oriented, research focused and passionate clinical psychologist with an experience of 7+ years, seeks a position in a progressive organization. Skilled in traditional psychological modalities as well as more progressive methods that consider influences such as client's motivation, cognition, emotion, language abilities, cultural identification and contextual stimuli.

PROFILE:

- Expertise in the field of Clinical Psychology
- Provide services to people from many different areas that are experiencing significant difficulties within their life due any current mental or medical illness.
- Efficiency in working with people having to adjust to new lifestyle limits and also with people who have faced a very traumatic event and although they might be improving physically, they may feel they are getting worse psychologically. People in this kind of distress often benefit from psychological assessment and intervention.
- Diagnose and evaluate mental and emotional disorders related with medical illness by using detailed psychiatric case work up approach.
- Dedicated to providing personalized, nourishing treatment and therapies for those people seeking enhanced well-being and improved quality of life using combination of modern as well as ancient Eastern and Western therapies.
- Abilities in using a variety of methods, including clinical interviews, behaviour analysis, I.Q assessments, psycho diagnostic assessment, neuropsychological assessment and specific learning disability assessment.
- Provide Rehabilitation Programme to assists patients who have had a crisis to recover as quickly and as fully as possible, to ensure they establish a good quality of life and excellent health outcomes.

- Formulate and plan for psychological intervention and psycho-social rehabilitation of by using different theoretical approaches/model to treat various mental health problems of children, adolescents and adults.
- Knowledge in individual psychotherapy sessions based upon cognitive behavioural therapy orientation, supportive psychotherapy, family therapy, crisis intervention, neuropsychological rehabilitation and behaviour modification.
- Proficiency in the subject of Developmental Paediatrics/Psychology including: Neuro-disability (Cerebral Palsy)
Neuro-developmental (Developmental delay/disorder, learning delay/disorder)
Neurobehavioral (Autism, ADHD, Challenging behaviour)
Genetic and Syndromic conditions (Down's syndrome)
Chronic conditions (Asthma, Constipation, Diabetes)
Survivors/sequelae (childhood cancers, premature birth) and
Educational difficulties (Dyslexia, Short Attention Span, Concentration Difficulties, Poor Grades)
- Excellent People Skills and sensitive to clients specialized and changing needs.
- Proven ability to develop rapport with clients and staff members.
- Offer individualized support and provide positive encouragement to ensure that each client's recovery is successful.
- Expert in superior client satisfaction levels by ensuring that all services meet all clients' needs assessment aptitude.
- Ability to update knowledge of the industry.
- Perform multi tasks simultaneously.
- Contributed to the pool of creative ideas that drive success, result achieved targets.
- Excellent Command over PowerPoint Presentation Skills.
- Strong interpersonal skills, passionate and consistent toward process improvements.
- Excellent talents for forging strong relationship with key decision makers.
- Strengths being effective & quality service.
- Excellent design and problem solving skills.
- Proficiency at grasping new technical concepts quickly & utilize the same in a productive manner, multilingual with proficiency in English and Hindi.
- Meticulous and result-oriented with demonstrated capability to handle tasks and meet deadlines without compromise with standards.
- **Man-Management & Team Leadership:** Proven leadership skills involving managing, developing, motivating teams to achieve their objectives and achieve organizational goals in challenging work environments.

ACADEMICS:

- Masters in Philosophy of (M.Phil.) Clinical Psychology (Gold Medalist) Recognized by Rehabilitation Council of India (A Statutory Body under the Ministry of Social Justice and Empowerment) at Amity University.
- Masters of Science in Psychology with specialization in clinical, Jain University, Bangalore, June 2012 (Secured second rank in the University). Scored 80%
- Bachelor in Arts at Jain College, Bangalore University, 2010. Scored 68%
- Pre-University (SSCE) in Arts with Distinction from Maharani Gayatri Devi School, Jaipur, 2007. Scored 80%
- 10th standard (CBSE syllabus) from Maharani Gayatri Devi Girls School, Jaipur, 2005. Scored 76%

PROFESSIONAL QUALIFICATION:

- UGC National Eligibility Test (NET) in Psychology Ref number- **9997/** (NET-JUNE-2012).

PROJECTS:

- Conducted a research project entitled “Wisdom in Relation to Forgiveness, Self-Compassion, Purpose in Life, Happiness and Life Satisfaction in Senior Citizens” May, 2014
- Conducted a research project entitled “A Study On Meaning In Life And Subjective Well Being Of Individuals with Internal and External Locus of Control in Early Adulthood”, June 2012
- Conducted a research project entitled “Effect of Music on Working Memory”, June 2011

INTERSHIPS & WORK EXPERIENCE:

Sawai Man Singh Government Medical College, Psychiatric Department, Jaipur, India

- A rigorous two-year program with extensive theoretical inputs and widespread clinical experience which helped to acquire the necessary skills in the area of Clinical Psychology.
- Widened the ability with a range of diagnostic skills, including: interviews, case history-taking, risk assessment, child protective issues, diagnostic formulation, triage, disposition, and referral.
- Developed further skills in psychological intervention, including: environmental interventions, crisis intervention, short-term, goal-oriented individual, group, and family psychotherapy, exposure to long-term individual psychotherapy, behavioural medicine technique, and exposure to psychopharmacology, case management, and advocacy.
- Provided experience with a range of assessment techniques, including: developmental testing, cognitive testing, achievement testing, assessment of behaviour, emotional functioning, assessment of parent-child relationship and family systems, and neuropsychological evaluation.

- Gained knowledge to promote the integration of science and practice, related to theories and practice of assessment, intervention, and consultation. Training in empirically-supported treatments (e.g., parent training groups, inpatient treatment protocols for school avoidance, eating disorders), and behavioural medicine protocols (e.g., medical noncompliance, pain management, headache treatment, toilet training) was provided.

The Richmond Fellowship Society (India), Bangalore

- Observed numerous aspects of a Psychosocial Rehabilitation Centre which follows therapeutic Community Approach.
- Provided a valuable work experience and confidence in the field of interest.
- Provided a “real life” experience with a short term commitment.
- Applied knowledge gained from coursework to the on - the -field- situations.

Sishu Mandir, Bangalore

- Examine the difficulties faced by the children in their most crucial period of development.
- Observed each case at a personal level has overall helped to gain some kind of knowledge about the quandaries experienced by the children.

National Mental Health Programme, Rajasthan, 2015-2016

- Provided Community Mental Health Services and integration of mental health with General health services through decentralization of treatment from Specialized Mental Hospital based care to primary health care services.
- Increase awareness & reduce stigma related to Mental Health problems.
- Provided service for early detection & treatment of mental illness in the community (OPD/ Indoor & follow up).
- Provided valuable data & experience at the level of community at the state & centre for future planning & improvement in service & research.
- Provided counselling services, psychological assessments, psychotherapy
- Coordinated with NGOs in providing Life skills education and counselling services in schools
- Coordinated with NGOs for conducting work place stress management.
- Conducting various psychological assessments and disability assessment for issuing the certification.
- Deputation at the Government Paediatric Department, J.K. Lone Hospital- Which involved assessing children with psychiatric disabilities and giving educational and therapeutic programs to children with special needs like:
Academic problems and Learning related disorders
Intellectual Disability, Autism
Hyperactivity, Weak Attention & Concentration Skills

CONSULTANT CLINICAL PSYCHOLOGIST, DEPARTMENT OF PSYCHIATRY, SMS MEDICAL COLLEGE, GOVERNMENT HOSPITAL, RAJASTHAN, 2016- 2018

- Disability certification: for Mental retardation and Psychiatric Disability
- Remediation of emotional and psychological problems using psychological techniques and principles for all kinds of Mental Health related issues & problems. The various techniques’ used include:
Cognitive Behaviour Therapy

Behaviour Modification Therapy
Relaxation Therapy & Counselling

CONSULTANT CLINICAL PSYCHOLOGIST, DEPARTMENT OF PSYCHIATRY, PINK VINAYAK HOSPITAL, JAIPUR RAJASTHAN- 2018- CURRENTLY POSTED

- Conducting Psychological Evaluations to aid the diagnostic process.
- Conduct Psychotherapy for all Psychiatric Conditions.
- De-addiction Counselling.

CONSULTANT CLINICAL PSYCHOLOGIST, SNM INSTITUTE OF AUTISM, JAIPUR RAJASTHAN- 2019- CURRENTLY POSTED

- Psychological Assessment for Children
- Planning and conducting Behaviour & Neurocognitive Therapy for Neurocognitive disorders.
- Planning Home Based Intervention for Skills Training in Intellectual Disability and Autism Spectrum Disorders.

CONSULTANT CLINICAL PSYCHOLOGIST, INFOSYS, JAIPUR, RAJASTHAN- JUNE 2019- CURRENTLY POSTED.

- **Weekly Visits to Infosys** to provide employee counselling services.
- Consultation for any form of psychological, personal problems/distress or mental health related issues.
- Crisis Intervention
- Awareness Building Activities.

CONSULTANT CLINICAL PSYCHOLOGIST, YOURDOST- Online Counselling Platform FEBRUARY 2020- CURRENTLY POSTED

- Online Counselling for career, relationship, positive parenting, self-improvement and clinical disorders.

OWNER & FOUNDER – MADE IN MIND, JAIPUR

- Psychological Services- Psychotherapy, Assessments.

SEMINARS & WORKSHOP:

- Resource Person for a Continuing Rehabilitation Education Programme at Teachers Training Centre D.ED. (HI) Indapur, Pune on the Topic of Application of Technology in Education and Training.
- Resource Person for a Continuing Rehabilitation Education Programme at Teachers Training Centre D.ED. (HI) Indapur, Pune on the Topic of Application of Research Mobilization

- Attended a National Seminar on “The Cognitive Remediation Therapy in Traumatic Brain Injury” at the Centre of Excellence in Mental Health, PGIMER & Dr RML Hospital, Delhi.
- Attended a Workshop by Department of Psychiatry, Swai Man Singh Medical Institute, Jaipur on “Child And Adolescent Psychiatry” at the Psychiatry Department given by Dr. Satish Chandra Girimaji MD Professor & Head Department of Child & Adolescent Psychiatry, NIMHANS, Bangalore, Dr. Shoba Srinath DPM, MD Professor, Department of Child & Adolescent Psychiatry, NIMHANS.
- Participated in consultation seminar on Indian Psychology: Challenges and Prospects, organized by the Centre for Indian Psychology, Jain University, Bangalore.
- Participated in practical skills training workshop on Cognitive behavior therapy which provided 12 hours of theoretical and experiential learning during the workshop, Bangalore.

- Participated in a workshop on Human Resource and counseling skills organized by Centre for Research in Social Sciences and Education (CERSSE), Bangalore
- One-day field visit to Cadabam's Group, Psycho social rehabilitation centre, Bangalore.
- Participated in a Two-day program on Cross Sectional Scheme in Education at Indian Institute of Health Education and Research.
- Attended a National Seminar on Cognitive Remediation Therapy in Traumatic Brain Injury organized by Department of Clinical Psychology, Centre of Excellence in Mental Health PGIMER & Dr RML Hospital.
- Participated in a Three-days programme on Subject teaching in children with hearing impairment at Tamana School of Hope, New Delhi.

PUBLICATIONS:

- Early Adulthood: The Role of Locus of Control, Meaning of Life and Subjective Well Being, Singh, Thiyam Kiran; Choudhri, Noreen, January 2014, Journal of Psychosocial Research; Jan-June 2014, Vol. 9 Issue 1, page 131.
- Protocols of Alcohol Dependents on Rorchach, Singh, Thiyam Kiran; Raju, M.V.R. Choudhri, Noreen; Devi, Thiyam; Patel, Om; Das, Subhash, October –December 2016, The International Journal of Indian Psychiatry, Vol. 4 Issue 1.
- A Psychological Study on Wisdom in Relation to Forgiveness, Choudhri, Noreen, June 2019, Journal of Emerging Technologies and Innovative Research, Volume 6, Issue 6, ISSN UGC Approved (Journal no. 63975).
- Behaviour Modification in a Case with Mild Intellectual Disability, Choudhri, Noreen, July-September 2019, The International Journal of Indian Psychiatry, Vol. 7 Issue 3.

IT SKILLS:

- Well versed with Windows XP/7, MS Office (Word, Excel)
- Conversant with SPSS (Statistical Package for the Social Sciences)

HOBBIES & INTERESTS:

- Watching Personality Development Programs
- Reading, Listening Music

PERSONAL DOSSIER

- Date of Birth: 01/11/1988
- Marital Status: Single
- Sex: Female
- Address: Kaveri Path, Mansarover, Jaipur (Rajasthan) India.

REFERENCES

Prof. (Dr.) S.S Nathawat
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Sciences Dean- Humanities/ Social Sciences and
Liberal Arts Supervisor
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