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# Ms. Shilpa Nagaraj

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Clinical Psychologist

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## Personal Summary

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A committed, skilled and licensed Clinical Psychologist with good interpersonal skills.

Trained in psychometrics and in providing evidence-based psychological therapies to clients with a wide range of mental health difficulties including children, adolescents and adults. Driven by curiosity and gratitude, working towards providing mental health care of the highest standards. An avid reader who likes to appreciate good cinema.

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## Work Experience

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Consultant Clinical Psychologist at Cadabams' Hospitals, Bangalore, Karnataka, India	February 2020 - Present
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- Provide in-patient and out-patient evidence based psychotherapy for adults suffering from substance use disorders and severe psychiatric disorders.
  - Consult with psychiatrists, primary care physicians and other medical specialists, family members, regarding comprehensive care goals and expectations for individual patients.
  - Perform psychological assessments, including IQ, personality and psychiatric rating scales.
  - Supervising counsellors for their clinical skills
  - I'm part of the core team working on de addiction module with NHS-CNTW UK team
  - Conduct various workshops and webinars on mental illness awareness and prevention strategies at Schools and corporate organizations, and at other communities.
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Clinical Psychologist at People Tree Hospitals, Bangalore	April 2019 - January 2020
<ul style="list-style-type: none"> <li>• Provide out-patient evidence based psychotherapy for children, adolescents and adults.</li> <li>• Consult with primary care physicians and other medical specialists, parents, and school staff regarding comprehensive care goals and expectations for individual patients.</li> <li>• Perform psychological assessments, including IQ, personality and psychiatric rating scales.</li> <li>• Conduct various workshops on mental health awareness and prevention strategies at Schools and corporate organizations.</li> </ul>	
Clinical Psychologist- Private Practice	September 2018 - March 2019
<ul style="list-style-type: none"> <li>• Provided out-patient evidence based psychotherapy for Children, and adults on referral basis.</li> <li>• Partnered with Santulan Clinic and Zeitgeist-center for personal and organizational development and consulted for Corporate organizations with respect to alleviating stress and grief management.</li> </ul>	

### Educational Qualifications

2021                      Mentalization Based Treatment - Basic Training  
Facilitated by Prof Antony Bateman and Dr Ashlesha Bagadia  
Continuing with the supervision

2016-2018	<p>Master of Philosophy in Clinical Psychology</p> <p>Manipal Academy of Higher Education, Manipal, Karnataka</p> <p><b>Thesis:</b> “A qualitative study of experience and coping of post-surgical pain among children and its perception among their mothers”</p>
2014-2016	<p>Master of Science in Clinical Psychology</p> <p>Manipal Academy of Higher Education, Manipal, Karnataka</p> <p><b>Thesis:</b> “Road rage, Interpersonal reactivity and Perceived punishment among professional taxi drivers of Udupi district”</p>
2011-2014	<p>Bachelor of Arts in Psychology, Journalism and English literature</p> <p>Christ University, Bengaluru, Karnataka</p> <p>Paper submitted (Cultural studies): “Discourses on changing Street names in Bangalore”</p>
2009-2011	<p>PUC - Psychology, Political science, Sociology and Economics (Merit)</p> <p>Maharani Lakshmi Ammanni college for women, BU, Karnataka</p>
March 2009	<p>SSLC</p> <p>Sri Jnanakshi Vidyaniketan, Bengaluru, Karnataka</p>

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## Key Competencies

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- Skilled in diagnosing, identifying various psychiatric conditions
- Delivery of evidence-based psychological interventions to adults and children with a wide range of clinical presentations with varying Clinical severity within a multidisciplinary setting.
- In providing specific therapeutic interventions such as Behavioural therapy, Cognitive Behavioural therapy, MET, Mindfulness based cognitive therapy, Acceptance and commitment therapy, Dialectical Behavioural therapy, Interpersonal therapy, group therapy, supportive therapy and therapy for substance abuse and de-addiction, neuropsychological rehabilitation.
- In providing evidence-based therapy for special conditions such as surgery, oncology, behavioral medicine conditions, and therapy related to psychiatric rehabilitation along with psychological pain management and social skills training at the best.
- Skilled in selecting, administering, scoring and interpreting psychological tests administered on both children and adults with emotional, behavioural, psychiatric and neuropsychological disorders. Mainly focusing on the areas of intelligence, cognition, personality, diagnostic, levels of adjustment, disability/functional capacity, neuropsychological functions, clinical ratings of symptomatology.
- Good research skills in both qualitative and quantitative methodologies developed through MPhil and Post-graduation thesis completion.
- Training and presentation skills developed through experience of providing Children and parents' centric workshops and through presentation and participation in various seminars and conferences.
- Fluent in English, Kannada and Hindi languages
- Demonstrated the ability to work creatively, cooperatively, reliably and consistently.

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## Internships

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- Successfully completed one month internship program on **Theory and Practice of Psychotherapy in a Therapeutic Community** at Atma Shakti Vidyalaya Society, Bangalore from 19.06.2014 to 18.07.2014
- Participated in the **Academic Internship Program** at Manipal Center for Philosophy and Humanities, Manipal University from May 6-18, 2013 and worked on a research paper titled “Construction of ‘nature’ in channels like National Geographic”
- Participated in the **Academic Internship Program** at Manipal Center for Philosophy and Humanities, Manipal University from May 7-19, 2012

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## Papers Presented

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- Presented research paper titled “**Discourses on changing names of streets in Bangalore**” in the National Undergraduate Research conference held on January 25-26, 2014 at Manipal Center for Philosophy and Humanities, Manipal University, Karnataka
- Presented research paper titled “**Understanding consumer behaviour in terms of gender for advertising success**” at a paper presentation competition ‘Ad Centric’ as part of ‘National Media meet- Battle of creativity’ on September, 2011 at Christ University, Bangalore

## Seminars/workshops attended

- Attended a guest lecture on “**Applied behavioral analysis**” organized by Department of Clinical Psychology, Manipal Academy of Higher Education, Manipal on 26<sup>th</sup> July 2018
- Participated in a workshop on “**CBT skill building**” conducted by Dr. Joseph Mathew in Manipal Academy of Higher Education, Manipal on 13<sup>th</sup> and 14<sup>th</sup> of February 2018.
- Attended a guest lecture on “**Qualitative Research**” organized by Department of Clinical Psychology, Manipal Academy of Higher Education, Manipal on 12<sup>th</sup> February 2018
- Attended a guest lecture on “**Cardiac Depression**” organized by Department of Clinical Psychology, Manipal Academy of Higher Education, Manipal on 16<sup>th</sup> September 2017
- Attended a guest lecture on “**Integrative Psychotherapy**” organized by Department of Clinical Psychology, Manipal Academy of Higher Education, Manipal on 28<sup>th</sup> July 2017
- Participated in “Psychiatry CME – **Forensic psychiatry and OSCEs**” conducted by Kasturba Medical Collage, Manipal on 12<sup>th</sup> and 13<sup>th</sup> of November 2016
- Attended a guest lecture on “**Grief Therapy**” organized by Department of Clinical Psychology, Manipal Academy of Higher Education, Manipal on 9<sup>th</sup> September 2016
- Participated in “Continuing Rehabilitation Education (CRE) on **Rorschach Comprehensive System by Exner**” conducted by department of Clinical Psychology, Manipal Academy of Higher Education, Manipal on 29<sup>th</sup> of February and 1<sup>st</sup> of March 2016
- Participated in a workshop on “**Orientation to psychotherapies: From Theory to Practice**” on 29<sup>th</sup> and 30<sup>th</sup> October 2015 which was held by NIMHANS center for wellbeing, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru
- Participated in “Psychiatry Update 2014 – **Clinical Skills Workshop on Rating scales in Psychiatry**” conducted by Kasturba Medical College, Manipal on 14<sup>th</sup> and 15<sup>th</sup> November 2015

- Participated as a delegate in “Psychiatry Update 2014 – **Clinical Skills Workshop on Cognitive Assessment and Remediation**” conducted by Kasturba Medical College, Manipal on 15th and 16th November, 2014
- Participate in the creation of the Idea Generation and Action Group called “Ummeed” at NIMHANS center for wellbeing on 20th July 2012. The group was formed to nurture youth participation in mental health promotion activities
- Participated in a one-day workshop called “Multimedia: The tools of the future” conducted by Indian Institute of Journalism and New Media, Bangalore on 15th March 2013
- Participated in a workshop on “Social Media and Search Engine Marketing” as a part of ‘National Media meet- Battle of creativity’, held on 2 and 3 September 2011 at Christ University, Bangalore
- Participated in a workshop on “Ad Photography” as a part of ‘National Media meet- Battle of creativity’, held on 2 and 3 September 2011 at Christ University, Bangalore
- Participated in the “Master Choa Kok Sui Basic Pranic Healing course” which was held by World Pranic Healing Foundation INC. on 20th and 21st August, 2011 at Bangalore
- Participated in the National Seminar on ELT- English Language in Higher Education: Exploring Learner-Centered Approaches which was organized by Department of English, Christ University on 29 and 30 January 2013
- Participated in a State Level Journalism Seminar on “EXPOSURE – Media and its influence on today’s time” held on 30th September 2011
- Participated in a Media Knowledge seminar called “Inspiration” organized by Whistling Woods International School of Communication on 16th December 2011

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### Positions of responsibility

- As a resource person conducted a workshop on “Suicide prevention” as part of Health and Hygiene in adolescents program organized in collaboration with FSL India and Manipal University on 6.03.2018
- Has been a Resource person in the session on Stress Management, Study skills and Time management held from 2nd to 5th September 2015 as a part of Kasturba Medical College –Orientation workshop series at Manipal University, Manipal

- Was a facilitator in a six days life skills training program “Yes! I Can”, organized by Department of Clinical Psychology, School of Allied Health Sciences, Manipal University from 20th to 25th April 2015
- Volunteered and helped organize the “TEDxChristUniversity- The Feasibility of Dreams” which was held on 10th November 2012
- Served as Vice-President of student’s Union in Maharani Lakshmi Ammanni college for women, Bangalore University in the year 2010-11
- Was a member of the core committee in Psukhey (psychology fest) which was conducted on 20th September, 2010