

# **CURRICULUM VITAE**

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## **OBJECTIVE**

To work as clinical psychologist or counselor in a reputed research institution / hospital where I can contribute my clinical and human relations in a dynamic work environment. To attain a responsible and a rewarding position which provide me with an opportunity for cross functional learning and professional growth and to improve and broaden my skill set to ensure that I continue to be an asset to colleagues and to the organization. To apply the best of my knowledge and highest efforts to analyze precise results in order to serve the community.

## **SUMMARY OF QUALIFICATION**

- Highly gifted entry level clinical psychologist where I can perk up my skills and knowledge regarding psychology.
- Brilliant academics with strongly proven track records
- Profound knowledge of the various psychological tests and experimentation used in mental disorder analysis
- Familiarity with most of the new age technology (testing machines and treatments)
- Knowledge in various psychological conditions.
- Extensive knowledge of principles, methods, and procedures for diagnosis, treatment, and rehabilitation of physical and mental dysfunctions, and for career counseling and guidance.
- Trained to distinguish all aspects of human behavior and performance; individual differences in ability, personality, and interests; learning and motivation; psychological research methods; and the assessment and treatment of behavioral and affective disorders.
- Capable of giving full attention to what other people are saying, taking time to understand the points being made.
- Excellent communication and interpersonal skills.
- Immense ability to establish and maintain a good objective working relationship with clients in determining their needs and performing psychological diagnosis.
- Excellent ability to communicate effectively both orally and in writing with people from diverse ethnic and socioeconomic backgrounds.
- Easily learn and assimilate information, then apply it to everyday use.
- Advise clients on how they could be helped by counseling.

- Analyze data such as interview notes, test results, and reference manuals in order to identify symptoms, and to diagnose the nature of clients' problems.
- Collect information about individuals or clients, using interviews, case histories, observational techniques, and other assessment methods.
- Counsel individuals, groups, or families to help them understand problems, define goals, and develop realistic action plans.
- Develop treatment plans based on clients' interests, abilities and needs, resources or techniques, and to share occupational information.
- Refer clients to specialists or to other institutions for non-counseling treatment of problems.
- Conduct research to develop or improve diagnostic or therapeutic counseling techniques.
- Enhance the group experience, and improve service provision and understanding.
- Above-average communication with Good organizational and time management skills.
- Ability to deliver good quality work output, both individually as well as a team-player
- Great dexterity with MS office tools and the internet platform

### **EDUCATIONAL QUALIFICATIONS:**

- Post graduate diploma in clinical psychology from St. Johns collage Agra. Paper includes - physiological psychology, psychological disorder, counseling, therapeutics, psycho diagnostics, and psychopathology.
- Six month internship in mental health institute, Mental Hospital Agra.
- Master of Arts (Psychology) with 67% marks from HNB Garhwal University, Srinagar, Uttaranchal.

### **ACADMIC PROJECT (Internship):**

During internship I interacted with patients suffering from different types of disorders. I communicated with the patients with Obsessive compulsive disorder {OCD}, Schizophrenia, Mood disorder, Alcoholism, Substance abuse, Personality disorder; Disorders of old age like Dementia and Cognitive delirium.etc... I intensively interacted with the patients and their care takers for the details. The details of patient's general information, and the informant's general information, chief complaint (by the patient & by the informant), history of patient, illness, onset course, duration, episode, treatment taken, past history, birth history, early development, educational history, sexual and marital history, history of alcohol and drugs intake, and family tree was studied during the process Based on all details, appropriate tools and test were applied to get the mental status of the patient and to diagnose the nature of disorder. This report was submitted to my supervisor, a Psychiatrist.

### **Tools and Tests Applied:**

**Mini-Mental State Exam** ( M.H.S.E. ) to diagnose Dementia or cognitive impairment by testing word recall, attention and calculation, language abilities.

**Wechsler Adult Intelligence Scale** (WAIS-R) to diagnose the intelligence or mental retardation.

**Yale-Brown Obsessive Compulsive Scale (Y-BOCS)** to diagnose obsessive compulsive disorder (OCD).

**Thematic Apperception Test (T.A.T)** To tap subject's unconscious to reveal repressed aspects of personality, motives and needs for achievement, power and intimacy, and problem-solving abilities.

**RORSCHACH and other projective technique** To examine person's personality, characteristics and emotional functioning and to detect an underlying thought disorder.

**Minnesota Multiphasic Personality Inventory (MMPI)** For Personality Measurement to identify personality structure and psychopathology.

### **PREVIOUS WORK EXPERIENCE**

- Worked as a community mobilizer with Integrated Watershed Development Project Shiwalik Hills (II) Kamoun Region Haldwani Nanital from 2002 to
- Worked as community mobilizer from 2000- 2001 with Doon Valley Watershed Project, Bhimtal (Nainital), An European Economic Community funded project Worked in Nainital Distt.

### **NATURE OF WORK**

- Prepare proposals for the Natural Resource Management Program.
- Provide development support to various local NGO's of Uttaranchal
- Arrange training programmes (as trainer also) for different groups like villagers, Natural Resource Management team members, Government programmes, Gender issues & Community mobilization etc.
- The poor illiterate villagers of "tharu" tribal in U.S.Nager given trainings by organizing the different village groups. At present they have formed a Federation of different group and they have adopted their traditional work i.e. making basket rope and carpets etc. as the means of their livelihood.
- Promote community participation especially women and poor group in the project selected villages.

### **PROFESSIONAL QUALIFICATION:**

- Certificate course in Computer application from Aptech Dehradun.
- NCC "C" certificate
- Certificate of National Social Scheme course.
- Training of civil Defence from Civil Defence department Dehradun.
- Participatory Rural appraisal (P.R.A.) training from "watershed directorate" Dehradun.
- Natural Resources management training from "forest training institute "Haldwani Nainital.
- Training of formation S.H.G.'s and federations from "MAYRADA" Mysore Karnataka.
- Training of water and soil conservation from "watershed organization Trust" Ahamadnager , Maharashtra.

- Training come exposure visit of “Yeswant Sing Parmal Agriculture and Horticulture University, Palampur Himanchal Pradesh.
- Exposure visit in “SEWA” Institute Ahemadabad Gujarat.

### **PERSONAL DETAILS**

Born on 1<sup>st</sup> November 1976, brought up in a atmosphere laying string emphasis on self-discipline, self-reliance and self-respect.

Marital Status – Married

Linguistic abilities encompass fluency in English, Hindi

Interested in get-together and Music

Hobbies include organizing events on social gatherings and event management.

### **Chitra Lekha**

**Date: 27 January 2011**

**New Delhi**