



SAMRIDDHI

M.Phil.

Psychodynamic Psychotherapist

(Psychologist, counsellor & Researcher)

In the quiet depths of the human psyche, I dwell—a devoted and discerning Psychologist and Psychodynamic Psychotherapist. With an intricate understanding of Psychoanalytic and Clinical Psychology, and a profound aptitude for Career Guidance and Counselling, my journey is one of both passion and expertise. Presently, as I traverse the rigorous path of a Ph.D., I intertwine clinical acumen with scholarly research. My mission is steadfast—to illuminate the corridors of mental health, foster a state of well-being, and gently guide souls through life's labyrinthine challenges

Contact

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New Delhi, India

Education

- Ph.D.**
Lingaya's University
In progress
- M. Phil**
Psychoanalytic Psychotherapy
Dr. B.R. Ambedkar University of Delhi
2023
- Diploma in Guidance and Counselling**
National Council of Educational Research and Training (N.C.E.R.T.)
2021
- Master's Degree in Psychology**
University of Delhi
2019

Experience

- Senior Behaviour Therapist**
Public welfare foundation (EFY Group) present
Therapeutic support and behavioural interventions, along with developing and implementing individualized treatment plans
- Psychodynamic Psychotherapist**
Private Practice present
Conduct individual sessions focusing on psychodynamic psychotherapy techniques, helping clients explore and resolve deep-seated emotional issues.
- Programme Director cum Counsellor**
NGO Snehi March - June 2024
Counselling and community mental health programs. Worked with school children from nursery to 12th grade, providing mental health support. Ran specialized programs for marginalized students, ensuring they received the necessary care and support.
- Trainee Psychoanalytic psychotherapist**
Hsaas Psychotherapy & Counselling Clinic, Centre for Psychotherapy and Clinical Research (CPCR) 2020- 2023
Ambedkar University, Delhi
worked under supervision in psychoanalytic psychotherapy and clinical research, Conduct individual sessions focusing on psychodynamic psychotherapy techniques,

● **Certificate in Portuguese Language**
University of Delhi
2021

● **Certificate in Banking and Financial Services**
University of Delhi
2016

● **Bachelor of Arts Degree in Psychology and Entrepreneurship in small Business**
University of Delhi
2014-2017

Professional Skills

● **Psychoanalytic and Clinical Psychology**

● **Psychodynamic Psychotherapy**

● **Counselling Techniques:**
Career Guidance, Trauma-Informed Care, Substance Abuse, Crisis Intervention, Family Therapy, Child and Adolescent Therapy

● **Therapy Approaches:**
Individual, Group, Relationship Challenges, Women's Health Issues

● **Research Skills:**
Program Development and Evaluation, Qualitative Analysis, Clinical Research Methods

● **Program Development and Evaluation**

● **Community and Social Psychology:**
Community Mental Health Programs, Socio-Emotional Skills, Experiential-Based Understanding, Human Resource Practices and Management

● **Assisted**
International Psychoanalytic Association IPA Jan 2023
International Psychoanalytic Association IPA 4th Asia Pacific Conference Containing Diversity; Bridging Difference

● **Psycho-social Psychologist**
Zeest Centre for Psycho- Societal Innovation March - Dec 2021
Conducted community and social research. Implemented therapeutic interventions, including workshops and mental health programs, to enhance social well-being and resilience.

● **Psychologist/ counsellor** throughout covid
Dr. Ambedkar University COVID-19 Helpline for Psycho-social support
Provided psychological support to individuals affected by the pandemic

● **Chief Psychologist** 2022-2023
Psychetree Healthcare
Led clinical services therapy and counselling

● **Psychologist** 2020-2021
KesariCouch Healthcare
Led clinical services therapy and counselling and training

● **Clinical Psychology intern** May - Aug 2018
Dr. Ram Manohar Lohia Hospital (Government of India)
Assisted in psychological assessments, therapy, and case studies

● **Volunteering Psychologist** 2019-2022
Internship programs for small period of time

Thesis -

Understanding the Experience of Women Living with PCOD/PCOS: A study on social constructions of PCOS in everyday life. (2023)

Clinical Portfolio -

Case studies and Analysis of Patients

Academic Papers -

- Samriddhi. (2023). "*Migration and Adaptation of PCOS by Young Women in Everyday Life*". 6th International Interdisciplinary Conference "Migration, Adaptation and Memory". InMind Support POLAND.
- Samriddhi. (2023). "*Experience of PCOS by young women: a psychoanalytic reflection*". Ambedkar University Delhi (AUD) SHODHOTSAV 2023: NATIONAL CONFERENCE for Young Scholar

Skills

- Psychological Assessment & Diagnosis
- Psychodynamic Psychotherapy Techniques
- Trauma-Informed Care
- Counselling & Psychotherapy (Individual & Group)
- Crisis Intervention & Management
- Family & Child/Adolescent Therapy
- Multicultural Competence
- Interpersonal Communication & Active Listening
- Therapeutic Relationship Building
- Cognitive Behavioral Therapy (CBT) Techniques
- Research & Clinical Data Analysis
- Program Development & Evaluation
- Ethical Practice in Therapy & Counselling
- Mental Health Program Design & Implementation
- Conflict Resolution & Problem Solving
- Technology Proficiency (Psychological Testing Tools, Online Therapy Platforms)
- Experience in working with Autistic and Specially-Abled Children
- Group Facilitation & Workshop Development
- Cognitive and Emotional Support Techniques

Areas of Expertise

- Psychodynamic Therapy & Psychoanalysis
- Career Guidance & Counselling
- Mental Health in Educational Settings
- Trauma & Stress-related Disorders
- Child, Adolescent, & Family Therapy
- Women's Mental Health
- Gender & Body-based Psychosocial Work
- Qualitative Research & Case Analysis
- Socio-Emotional Skills Development
- Community-based Mental Health Initiatives
- Positive Psychology & Resilience Building
- Social Psychology & Human Interaction
- Workplace Mental Health & Organizational Psychology

Orientation

Date of Birth: 27th September 1996
Father's Name: Ravinder Kumar
Mother's Name: Jasvinder Kaur
Nationality: Indian
Marital Status: Unmarried
Languages known: English, Hindi,
Punjabi, Portuguese

Projects

- Neurosis vs. Psychosis: A Case Analysis (2021)

An in-depth exploration of the differences between neurosis and psychosis through case studies and theoretical analysis, focusing on self-disintegration and breakdown.

- Clinical Processes in the Cultural Crucible

Intensive study of clinical case studies, analyzing cultural factors influencing therapeutic processes and outcomes.

- Psychic Disintegration and Psychosis

Focused research on working with states of psychic disintegration, analyzing psychosis, self-state breakdowns, and therapeutic interventions.

- Community-Based Internship

Completion of an internship dedicated to developing and implementing community-based mental health initiatives.

- Psychological Complexity through Literature and Art

Analyzing human psychological complexity as represented in literature, poetry, and film, exploring unconscious processes and self-expression.

- Transference, Dreaming, and Unconscious Communication

A comprehensive study of transference, dream analysis, and unconscious communication in psychoanalytic therapy.

- Relational and Inter-Subjective Perspectives in Psychoanalysis

Exploring relational dynamics and intersubjectivity in the therapeutic process through readings and case studies.

- Hysteria and Therapeutic Approaches

An examination of hysterical states through the lens of Freud's clinical work with young female patients.

- Family Therapy and Self-Analysis

Investigating family therapy dynamics in the context of self-analysis, including case writing and analysis of a children.

- Psychosocial Research Models

Introduction to various models in psychosocial research, focusing on practical application and analysis.

- Psychic Development: Pre-Latency and Adolescence

Analyzing case studies of children and adolescents through a psychoanalytic lens, focusing on psychic development during pre-latency and adolescence.

- Psychoanalytic Ideas in Indian Culture

An analysis of psychoanalytic ideas in Indian culture, with a focus on Girindrashekhar Bose and non-European perspectives.

- Psychological Complexity and Self-Exploration

An exploration of self-analysis and psychological complexity through a psychoanalytic lens.

- Transference Analysis through Various Psychoanalytic Theories

A comparative analysis of transference using perspectives from Betty Joseph, Melanie Klein, and Hans W. Loewald.

- Psychoanalytic Psychotherapy in the Indian Context (2020)

Exploring the adaptation of psychoanalytic psychotherapy to the Indian cultural context, referencing works by Bollas and Mills.

- Case Analysis: Clinical Process in Cultural Context

Presenting and analyzing a clinical case through the lens of cultural factors influencing therapeutic outcomes.

- Reflections on the Therapeutic Journey

An analysis of a therapeutic case study exploring perception, imagination, and affect in the therapeutic process.

- Freudian Case Studies: Dora and Little Hans

In-depth analysis of Freud's case studies of Dora and Little Hans, focusing on key psychoanalytic concepts.

- Community-Based Work and Gender, Body, and Subjectivity

An exploration of gender, body, and subjectivity in the context of community mental health work.

- Psychosocial Clinical Thinking and Projective Techniques

Application of projective techniques and psychosocial clinical thinking in therapeutic and research settings.

- Family Therapy: Case Analysis and Genogram

A focused case analysis and genogram study of family dynamics, using family therapy concepts.

- Psychoanalytic Project: Infant Observations

Conducting in-depth infant observations based on the Tavistock Model and Winnicott's theories, followed by a workshop presentation.

- Experiential Immersion with Dr. Kusum Dhar Prabhu

Immersive experience with a Jungian analyst and somatic practitioner, exploring integrative therapeutic techniques.

- Repatriation Practicum

A group project under faculty supervision examining the psychological challenges of repatriation.

- Exploring Brahmanical Patriarchy

Critique and analysis of "Conceptualizing Brahmanical Patriarchy in Early India" by Uma Chakraborty, focusing on gender, caste, and state.

- Psychological Challenges of Urban Working Women

A practicum addressing the psychological challenges faced by urban working women in Delhi.

- Tapping the Wild Woman Within

Reflection and analysis based on the book *Women Who Run With the Wolves* by Clarissa Pinkola Estés, focusing on psychological growth and Jungian analysis.

- Organizational Development Interventions

Internship focused on organizational development interventions at Maritime Family Pvt. Ltd.

- Human Resource Practices: A Case Study of Ford

An analysis of Ford's approach to maintaining and developing human resource practices.

- Repatriation Adjustment for International Assignees

An assignment exploring the challenges faced by international assignees during repatriation and strategies for adjustment.

- Cognitive Behavior Analysis of Irrational Beliefs

Practicum on irrational beliefs in communication using the A-B-C paradigm of Rational Emotive Behavior Therapy (REBT).

- Effect of Priming on Selective Attention

A practicum study examining the impact of priming on selective auditory attention using a dichotic listening task.

- Motivation and Task Persistence in Problem-Solving

Analyzing the role of motivation in task persistence and problem-solving.

- Guilt and Emotions in Literature

Exploring the emotions of guilt through textual analysis of *The Kite Runner* by Khaled Hosseini.

- Pro-Social Orientation Assessment

Research study focused on scaling pro-social orientation and establishing its consistency and reliability.

UNDERTAKING: I hereby undertake that the particulars given here are correct in all.