

Hamilton [REDACTED] Australia

A compassionate, solutions-orientated and ethically driven Clinical Psychologist dedicated to providing evidence-based care and individualised treatment plans for consumers across lifespans with broad range of mental and physical health comorbidities. I aim to translate my learning and clinical knowledge to inform my research interests and consequently, strive towards a Doctor of Philosophy in the field of Clinical Psychology.

Skills

<ul style="list-style-type: none">• Knowledge of the discipline	<ul style="list-style-type: none">- Design and implementation of psychological interventions- Knowledge of psychological theories and models- Knowledge of psychopathology and diagnostic classification systems (DSM V and ICD 11)
<ul style="list-style-type: none">• Psychological Assessments and Measurement	<ul style="list-style-type: none">- Administration of Wechsler tests (WAIS IV, WISC V, WMS IV) and tests of attention (Tea-CH, TEA), neuropsychological assessments (e.g., MOCA) and report writing- Comprehensive risk assessment and management- Assessment using structured and unstructured interviews
<ul style="list-style-type: none">• Interventions	<ul style="list-style-type: none">- Knowledge and experience in providing brief and long-term interventions including Cognitive Behavioural Therapy (CBT), Schema Therapy, Metacognitive therapy (MCT), Acceptance and commitment therapy (ACT) and Dialectical behaviour therapy (DBT), Psychological First Aid (PFA), Solution-Focused Brief Therapy (SFBT) and mindfulness-based therapies- Clinical formulation using evidence based theoretical models and treatment protocols
<ul style="list-style-type: none">• Research and Evaluation	<ul style="list-style-type: none">- Perform research, collate and critique empirical research findings relevant to psychological interventions.- Current research interests include but not limited to mindfulness and compassion-based interventions in clinical population, management of psychological symptoms for people with chronic physical health conditions, psychological treatment delivery in low-resource settings and communities exposed to adversity
<ul style="list-style-type: none">• Communication and Interpersonal Skills	<ul style="list-style-type: none">- Ability to form and maintain strong therapeutic relationship with consumers- Communicate effectively with team members, other service providers and work collaboratively with the multidisciplinary team for the best interest of consumers
<ul style="list-style-type: none">• Application of skills within a cross-cultural context	<ul style="list-style-type: none">- Multilingual with proficient knowledge of Bengali, Hindi and English languages.- Experience in working with consumers across cultures
<ul style="list-style-type: none">• Ethical, legal and professional skills	<ul style="list-style-type: none">- Utilise ethical decision making, adhere to APS Code of ethics and guidelines, knowledge of relevant legislations- Experience working with digital record management systems, e.g., CIMHA for patient documentation and records to maintain confidentiality and privacy

Work Experience

Jan 2021 – Present (Part-time permanent)

[REDACTED] Brisbane, QLD

Registered Psychologist, Clinical Psychologist

- Provide psychological assessment and interventions to consumers accessing [REDACTED]s Pain Management Services and in-patient rehabilitation ward.
- Provide individualised and group clinical care based on professional training reflecting current ethical clinical practice throughout the hospital as required.
- Provides comprehensive assessment and care planning and monitoring progress, adjusting treatment accordingly.
- Evaluate clinical outcomes and participate in research activities as required.

April 2020 – Present (Part-time)

[REDACTED] Springwood, QLD

Clinical Psychologist

- Undertake therapeutic interventions for adults with complex mental and physical health needs under GP Mental Health Care Plans, Enhanced Primary Care Plans, Work Cover and National Disability Insurance and Compulsory third-party insurance schemes
- Multidisciplinary treatment and working alongside doctors and other treating team members to optimise patient needs.

May 2019 – August 2020 (Part-time)

[REDACTED] Brisbane

Registered Psychologist, Clinical Psychology Registrar

- Undertook areas of clinical practice, including but not limited to crisis management, EAP services and treatment under Mental Health Care Plan using evidence-based interventions via telehealth and face to face modalities.
- Attended critical incidents, conducting welfare checks including provide assistance as an on-call Psychologist after-hours.
- Assisted injured workers to engage in vocational rehabilitation, liaise with their employer, insurer and medical practitioner to facilitate a timely and appropriate return to work
- Case management of consumers with chronic pain and disability

July 2018 – December 2018

[REDACTED] Queensland Health

Provisional Psychologist

- Conducted individual and family therapy sessions for children and parents of children with severe and complex needs.
- Documented psychological services and responses to treatment in patient case files.
- Conducted individual therapy and family therapy sessions for children and youth between ages 7 and 17.
- Aided parents in arranging medication evaluations and psychological testing, including risk assessment and referral to psychiatrist.
- Conducted cognitive and neuropsychological assessments followed by reports and feedback for adults and children

February 2018 – June 2018

[REDACTED] Queensland Health

Provisional Psychologist

- Improved outcomes of patients with psychiatric and co-morbid chronic conditions across community health centres.
- Conducted psychological assessment for patients undergoing genetic testing.
- Led educational seminars at local community mental health centres to expand awareness of mental health symptoms and physical comorbidity.
- Organised clinical interventions and treatment plans for patients suffering from severe chronic disorders via home-visits.

February 2017 - December 2017

[REDACTED] Sunshine Coast

Provisional Psychologist

- Conducted individual and family therapy sessions under supervision.
- Guided clients in effective therapeutic exercises integrated from Cognitive Behaviour Therapy (CBT), Metacognitive Therapy (MCT), Mindfulness-based interventions.
- Developed and implemented individualised treatment plan for patients.
- Conducted risk assessments and created individualised safety plans for patients at risk.
- Conducted cognitive assessments and reports for adults and children with intellectual and memory impairment

Education

2021 **Post-Graduate Diploma Applied Neuroscience** (Part-time)
2019 **Master of Psychology (Clinical)**
2015 **Master of Science (Psychology)**
Graduated with *Special Award Merit*
2013 **Bachelor of Arts**
(Sociology, Psychology, Criminology & Forensic Science)
Recipient of the *Academic Excellence Award 2013*

King's College London, United Kingdom
University of the Sunshine Coast (USC), Australia
The University of Nottingham (UoN), United Kingdom

The University of Mysore (UoM), India

Research work/ Dissertation topics

- *Effect of an App-Based Mindfulness Intervention on Stress, Burnout, Professional Quality of Life and Mental Health of Nursing Students* – USC, 2018-2019
- *The Effect of visual crowding on viewing angles* – UoN, Visual Neuroscience Group, 2014-2015.
- *Violence against women in Mysore* – UoM, 2012
- *Conflict Handling style and Personality Types among women employees* – UoM, 2013

Volunteering experience

2014-2015

Consultant Psychiatrist, Dr Abhijit Mitra - Private Practice, India

Volunteer and Observer (Part-time)

- Administrative work and observation of psychiatric consultation with patients.
- Psycho-social support to patients faced with adversities in the marginalised communities of Kolkata, India.

July 2015 - Oct 2015

Vidyasagar Institute of Mental Health & Neurosciences, India

Clinical Psychology Intern

- Conducted intake interviews, mental status examinations and case presentations.
- Assisted senior psychologists and psychiatrists in the in-patient and out-patient department of the hospital.

Nov 2015 - May 2016

The Mind Tree (Psychiatry Clinic) & Door of Hope (Rehabilitation Centre)

Junior Psychologist and research assistant

Conducted relaxation exercises, mental status examinations and counselling to youth with substance use disorders.

Affiliations

- Psychologist with General Registration, Clinical Psychology endorsement - [REDACTED] (11/2020-11/2021)
- Member, The Australian Psychological Society (2016 - Present)
- Associate Member, International Society of Schema Therapy (2021 – Present)
- Associate Member, APS College of Clinical Psychologists (2017-Present)
- Graduate Member of The British Psychological Society (2013-2017)

Reference

Current Supervisor

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