

Uzra Majid Wani

Registered Clinical Psychologist (DHA) With Registration Certificate

Registered Clinical Psychologist with 2 years of experience in treating individuals with complex psychology and emotional conditions. Kind and empathetic during patient appointments with an exceptional talent for diffusing high-stress situations.

Work History

2019-12 - 2020-05 **Clinical Psychology Trainee**

Nirvan De-Addiction Center, Lucknow

2020-07 - 2020-09 **Clinical Psychology Trainee**

Nur Manzil Psychiatric, Lucknow

2019-08 - 2019-12 **Clinical Psychology Trainee**

Asmita Center for Slow Learners & Mental Health , Lucknow

2017-08 - 2019-08 **Clinical Psychologist**

Ramzaan Hospital , Srinagar

- Conducted patient observations by monitoring behavior and documented physical health, family history.
- Documented diagnoses, interventions implemented, and outcomes across inpatient and outpatient departments.
- Interviewed, observed, and surveyed patients to gain necessary information for psychological diagnosis.
- Managed cases of individual clients, and couples and family therapy sessions.
- Used therapeutic communication techniques to build rapport with patients.
- To provide therapy as per the need of the client by the use of an eclectic approach which helped to create a safe space for clients where they can talk freely.
- Well Versed in cognitive behavioral therapy,



Contact

Address

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Phone

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E-mail

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Skills

CBT, DBT, BT, Relaxation (JPMR), Mindfulness therapies, Supportive Psychotherapy, Couple Therapy, Group Psychotherapy, Crisis Intervention, Family Therapy, and Child Therapy.

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Advanced

Mindfulness Space
Cognitive therapy and
Motivational Enhancement
Therapy.

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motivational enhancement therapy, behavior modification and mindfulness based cognitive therapy.

2016-06 -
2016-07

Psychology Intern

JLNM Hospital, Srinagar

- Contacted patients about appointments and treatment options. Referred patients to specific doctors.
- Scheduled regular patient appointments and new patient consultations.
- Determining effective treatment plans for 20+ patients.
- Collected case histories covering personal, work and social details for permanent records.
- Delivered counseling services under close supervision of psychologists.
- Shadowed experienced clinicians to gain in-depth knowledge of treatment, diagnosis and assessment techniques.
- Used to treat patients with a necrotic spectrum.

Education

2007-06 -
2010-07

Bachelor of Arts: Arts

Univeristy of Kashmir - Srinagar

2010-03 -
2012-04

B.Ed Regular: Education

University of Kashmir - University Of Kashmir

2012-05 -
2013-06

M.Ed. Distance Mode: Education

University of Kashmir - Srinagar

2013-11 -
2014-08

Master of Arts Distance Mode: English Literature

Indira Gandhi National Open University - India

2015-06 -
2017-05

Master of Arts: Clinical Psychology

Sam Higginbottom University of Agriculture - India

2019-08 -
2021-10

Master of Philosophy: Clinical Psychology

Amity University - India

Accomplishments

Advanced

DSM-V and ICD-10
categorizations.



Advanced

Analytical thinking, Family
Counseling



Advanced

Empathetic listener, Active
listener and
Non-Judgmental Approach



Advanced

Patient screening, Case
management



Advanced

Languages

English



Advanced

Hindi



Upper intermediate

Urdu



Advanced

Kashmiri



Advanced

3rd Prize in Poster Competition organized by the department of Psychology (SHAUTS, Allahabad) on Health Risk Behaviour.

Winner/ Certificate of Excellence from Department Of Clinical Psychology for Picture Perception which was organized by technical and Cultural Society, School of Film and Mass Communication (SHAUTS)

Presentated a research paper Entitled Marital Adjustments and Hope in women with infertility at IMHRC International Conferences on Healthcare and wellbeing by Shia P.G College

Additional Information

- RCI Licensed Clinical Psychologist from India A80020.
- On Husband's Visa
- Location: Dubai-UAE