

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

Dubai Dubai-UAE

Phone

+971 509351047

E-mail

waniuzra11@gmail.com

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.

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Advanced

Analytical thinking, Family Counseling

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Advanced

Empathetic listener, Active listener and Non-Judgmental Approach

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Advanced

Patient screening, Case management

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Advanced

Languages

English

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Advanced

Hindi

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Upper intermediate

Urdu

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Advanced

Kashmiri

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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