

Sabreena Akbar

Clinical Psychologist

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sabreenaakbar@gmail.com |

Malappuram, Kerala, India

PROFESSIONAL SUMMARY

Dedicated and compassionate Clinical Psychologist with over five years of experience in providing mental health support and therapeutic services. Proficient in conducting psychological assessments, developing treatment plans, and delivering evidence-based therapies. Committed to enhancing patient well-being through personalized care and comprehensive mental health strategies.

KEY SKILLS AND COMPETENCIES

- Psychological Assessment and Diagnosis
- Cognitive Behavioral Therapy (CBT)
- Psychotherapy and Counseling
- Evidence-Based Treatment Planning
- Behavioral Modification
- Crisis Intervention
- Client-Centered Therapy
- Strong Communication and Interpersonal Skills
- Team Collaboration and Leadership
- Research and Data Analysis

PROFESSIONAL EXPERIENCE

Clinical Psychologist

R&A Health Rehabilitation Center, Malappuram, Kerala

March 2022 - January 2023

- Conducted psychotherapy sessions, assessments, and provided mental health support

Clinical Psychologist

Community Disability Management Center, Govt Taluk Hospital, Ponnani Municipality

November 2020 - October 2021

- Assessed client behavior and needs, developed treatment strategies, and conducted awareness sessions

Clinical Psychologist

Christuraj Institute of Mental Health and Neuro Science (CIMHANS), Kuthuparamba, Kannur

June 2020 - August 2020

- Conducted psychological assessments, psychotherapy, CBT, sex therapy, couple therapy, ERP therapy for OCD, and behavior modification for children and adolescents

EDUCATION

MPhil in Clinical Psychology (First Class)

National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD), University of Madras
2017-2019

M.Sc. Applied Psychology

University of Calicut

2016

B.Sc Psychology

Little Flower Institute of Social Science & Health (LISSAH), Kaithapoyil, Kerala, University of Calicut

2014

CPD Certification in Applied Behaviour Analysis (ABA)

LICENSURE

- Rehabilitation Council of India (RCI) - CRR No: A69222
- MOH Evaluation Letter - Ref No: 183640 (Valid until February 2027)

INTERNSHIPS

- Rajiv Gandhi Government General Hospital, Chennai (2019)
- Neuro Foundation Salem (2018)
- M.S. Chellamuthu Institute of Mental Health and Rehabilitation, Madurai (2017)
- Mental Health Center, Thiruvananthapuram (2016)

RESEARCH & PUBLICATIONS

- **Dissertations:**
 - Respite care, hassles & uplifts, and marital well-being among parents of children with autism spectrum disorders, 2019
 - Exploration of psychosocial issues and coping patterns of male to female transgenders, 2016
 - Adjustment among adolescents at LISSAH, 2014
- **Papers Presented:**
 - 3rd International Conference on Challenging Exclusion (SRM University), 2018

PROFESSIONAL DEVELOPMENT

Workshops

- Cognitive Behavior Therapy, NIEPMD, 2019
- Research Methods, Schizophrenia Research Foundation, 2018
- Behavior Management Techniques, CIGI, 2015

Seminars

- Identification and Management of Mental Health Problems in Persons with ID, 2022
- Mental Health Issues in Persons with Intellectual Disability, 2021

Conferences

- Advance Neuro Cognitive Communication Disorders, 2021
- 47th National Annual Conference (NACIACP), 2021
- Enhancing Mental Health: Exploring New Dimensions (NACIACP), 2018
- 3rd International Conference on Challenging Exclusion, 2018

Publications

- Articles on Paraphilia and Kleptomania published in regional newspaper.

LANGUAGES

English, Malayalam, Tamil, Hindi, Arabic (pursuing)

PERSONAL DETAILS

- Passport No: U8352794
- Marital Status: Married
- Visa Status: Spouse Visa

REFERENCES

Available upon request.

Sabreena Akbar