

# Sibina Pareda

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A dedicated and compassionate psychologist with DHA Eligibility Letter, MOH Evaluation Letter and 4 years of experience providing evidence-based treatment and counseling to individuals from diverse backgrounds. Skilled in comprehensive assessments, individualized treatment plans, and therapeutic approaches. Proven track record of helping clients achieve personal growth, emotional well-being, and improved overall function. Committed to continuous professional development.

## EXPERIENCE

### Clinical Psychologist

Oct 2021 - Mar 2022

Community Based Disability Management Center (CDMC)- Community Health Center, Calicut, Kerala, India

- Conducted comprehensive psychological evaluations and assessments to assess children's unique developmental, emotional and behavioral needs.
- provided Individualized treatment, including evidence-based interventions such as behavioral therapy, play therapy, cognitive behavioral therapy (CBT), and skills training
- Treatments and interventions designed for children with special needs challenges and unique abilities, including autism spectrum disorders (ASD), intellectual disability (IDD), Attention deficit hyperactivity disorder (ADHD), learning disabilities, and developmental delays.
- Behavioral programs and interventions were used to address challenging behaviors and skill development in children with special needs.
- Parent training and support sessions were held to empower families to better support their child's development and address behavioral challenges

### Clinical Psychologist

Nov 2019 - Oct 2021

District Early Intervention Center (DEIC)- Mobile Intervention Unit (MIU)-National Health Mission, Calicut, Kerala, India

- Conducted comprehensive psychological assessments and evaluations to diagnose and assess the developmental, emotional, and behavioral needs of children.
- Provided individual therapy to children using evidence-based interventions
- Collaborated with parents, teachers, and other professionals to develop and implement individualized treatment plans and interventions.
- Assisted in the development and implementation of Individualized Education Programs (IEPs) for children with special needs.
- Provided support and guidance to parents, offering parenting strategies and resources to promote positive child development.

### Clinical Psychologist

Sep 2018 - Nov 2019

NIARC Nest international Academy and Research center, Calicut, Kerala, India

- Conducted comprehensive psychological evaluations and assessments to diagnose mental health disorder in Children and adults.

- Interpreted standardized assessment scales or measures, and prepared comprehensive psychological and psycho-educational assessment reports.
- Provided appropriate therapy based on the individual needs of the children and adults.
- Conducted group therapy for children of different age groups and levels of functioning.
- Worked as part of a multidisciplinary team alongside, Psychiatrists, Speech therapist, Physiotherapists, Occupational Therapists, etc.
- Conducted psychoeducational workshops and training sessions for parents and educators.
- Supervised less experienced psychologists and interns in psychological assessment and intervention.

### **Consultant Clinical Psychologist**

Dec 2017 - Mar 2018

Human Care Foundation, Calicut, Kerala, India

- Conducted psychometric tests, clinical assessments and interviews to diagnose psychological disorders in children and adults.
- Interpreted standardized assessment scales or measures, and prepared comprehensive psychological and psycho-educational assessment reports.
- Provided appropriate evidence based therapy based on the individual needs of children and adults.
- Provided Counsel and support to care givers.
- Provided psychology teaching and training to other members of the team.
- Attended educational events such as conferences, and training seminars.

## **EDUCATION**

### **Master of Philosophy (M.Phil.) - Clinical Psychology**

Aug 2015 - Sep 2017

*Osmania University*

### **Master of Science (M.S.) - Applied Psychology**

Aug 2011 - May 2013

*Pondichery Central University, Pondichery,*

### **Bachelor Of Science(B.Sc.) - psychology**

Jul 2008 - May 2011

*Calicut University, Calicut, Kerala*

## **SKILLS**

Evidenced based Therapy, Behavioral Therapy, Cognitive behavioral therapy, Excellent communication skills., Sensitive listening and questioning , Problem Solving., knowledge of psychology theory , Conducting Psychometrics tests, Interpreting test results, Psychological report writing, empathy, rapport building

## **LICENSES & CERTIFICATIONS**

### **Eligibility Letter**

2022

*Dubai Health Authority (DHA)*

### **Licensed Clinical Psychologist**

2018

*Rehabilitation Council of India - A58816*

**Evaluation Letter**

*Ministry of Health and Prevention (MOH)*

2023