

Contact

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Top Skills

Research

Mental Health

Teaching

Publications

Exploring The feasibility of an art based intervention in reducing The anxiety level of children with abuse history.

Reshma Jose

Assistant Professor at Jesus & Mary College
Central Delhi, Delhi, India

Summary

An academician with a demonstrated history of working in the research industry and mental health care. Skilled in Developmental and clinical psychology, qualitative research, government advocacy, health sector, and strategic reseach planning. Strong education professional with a Master's Degree focused in Clinical Psychology.

Experience

Jesus & Mary College
Assistant Professor
July 2018 - Present
New Delhi Area, India

Lady Irwin College, Delhi University
Assistant Professor
June 2017 - July 2018 (1 year 2 months)
New Delhi Area, India

Teach papers on psychology for the graduate and post graduate courses.

Population Council
Research Consultant- Freelance
October 2015 - April 2018 (2 years 7 months)
New Delhi Area, India

Part of the team which conducted the Qualitative research study to assess the effectiveness and cost-effectiveness of the PMDUP programme The project is an evaluation of the DFID funded Prevention of Maternal Deaths and Unwanted Pregnancies (PMDUP) Programme being implemented in countries in Africa and Asia.

Delhi University
Research Fellow
April 2017 - October 2017 (7 months)
New Delhi Area, India

Headed the team of academic scholars as a part of the fellowship program under the Gifted Education Project, an initiative of the Chief Principal Adviser to the Govt. of India. The program was focused on Identifying and mentoring potentially gifted students across schools nation wide. The team was able to collect data from a sample of approx 11 lakh students and analyse The data.

MAX Multi Speciality Hospital, Saket

Transplant Counsellor

January 2017 - March 2017 (3 months)

New Delhi Area, India

Was part Of The team to start a Liver Transplant Unit at MAX Hospital, Saket along with pioneers in The field like Dr. Subhash Gupta, Dr. Abdul Nayeem, Dr. Shaleen Aggarwal, Dr. N. Selva, Dr. Rajashekhar and Dr. Rajesh Dey.

Indraprastha Apollo Hospitals , New Delhi

Transplant Counsellor

March 2016 - December 2016 (10 months)

New Delhi Area, India

Provided counselling service for patients and their family about the process of Organ transplantation, grief counselling for the families of deceased patients and provide them suitable intervention, offering them the choice of organ donation.

Management of medico-legal aspects regarding the transplantation process, including listing the patients with the NOTTO (Ministry of Health and Family Welfare, Govt of India), being the Nodal Officer of the organization at Indraprastha Apollo Hospital and MAX Super Specialty Hospital, Delhi. Providing Training to medical professionals regarding cadaver transplant . Conducting pre-operative patient and post-operative psychological assessment for both the donor and patient

Mental Health Action Trust (MHAT)

Clinical Psychology

March 2014 - March 2016 (2 years 1 month)

Was part Of The team of mental health professionals working with The bio-psycho-social model of treatment of mental illness with focus on therapeutic community. I conducted The mental status examinations, psychometric assessments and therapeutic interventions for patients suffering from across a spectrum of disorders under The guidance Of The lead clinician and psychiatrist.

TARA INSTITUTE OF MENTAL HEALTH PRIVATE LIMITED
Clinical Psychology Intern
2015 - 2016 (2 years)

Participated in the weekly psychoanalytic seminars with psychoanalytic supervision and cognitive Behavioural and Systematic supervisions, along with the weekly psychiatric seminar/ supervision which assisted in getting a better understanding of a psychoanalytic, therapeutic and psychiatric case formulation.

MAX healthcare, Dept. of Human Behaviour
Clinical Psychology Intern
May 2015 - July 2015 (3 months)
New Delhi Area, India

Over the course of the four week internship, the postings were under the lead Psychiatrist, Clinical Psychologist, Counselling psychologist and Psycho oncologist. Was also closely associated and working with the pediatric and geriatric oncology department for assessment and intervention of the mental health problems faced by cancer patients.

Google Developers Group - Twin Cities [GDG-TC]
Content Writer
August 2010 - May 2015 (4 years 10 months)

Navjyot India Foundation- Family Counselling Centre
Junior Counselor
March 2014 - May 2014 (3 months)
New Delhi Area, India

Assisting the counsellor in registering the cases brought forward by the clients and providing counselling services to the individuals requiring assistance, including persons with problems like antisocial behaviour, sexually deviant behaviour, and antisocial personality disorders In situations where in the cases are not being registered by the NGO, they were appealed to the office of the District Magistrate for further investigation.

Shades of Happiness
Intern
April 2013 - May 2013 (2 months)
New Delhi Area, India

Providing educational support to children of slum dwellers and undertaking health and hygiene awareness programs among the women of the nearby slum locality

CanKids...KidsCan(NGO)

Clinical Psychology Intern

March 2012 - May 2012 (3 months)

New Delhi Area, India

Assisted in conducting the Quality of Life Survey at the All India Institute of Medical Sciences and Apollo Hospital, to get a better understanding of how to enhance the quality of life and well being of children diagnosed with cancer

Anthyodaya Niketan Home for the Vulnerable, Ill, and Destitute Internship

February 2012 - March 2012 (2 months)

New Delhi Area, India

Assisted the children in getting accustomed to formal education and assist them with the same. Apart from providing them tutorial classes, I was also involved in the team of volunteers who provide counselling to the children about the ill effects of substance abuse.

Education

Tata Institute of Social Sciences

Master's Degree, Clinical Psychology · (2014 - 2016)

Jesus & Mary College

Bachelor's Degree, Psychology Honors · (2011 - 2014)

Mater Dei School, New Delhi

High School · (1998 - 2011)

Mater Dei School, Delhi

