JIYA SHRUTHY V

Postgraduate · Clinical Psychology

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ABOUT ME

Psychology student specialising in clinical psychology and counselling, with expertise in evidence-based therapeutic approaches and mental health assessments. Committed to client-centred practices that foster emotional wellbeing and resilience. Published researcher with hands-on experience across diverse clinical settings.

EDUCATION

M.Sc. Clinical Psychology
Kristu Jayanti College, Autonomous, Bengaluru

2024 – 2026 CGPA: 8

B.Sc. Psychology
PSGR Krishnammal College for Women, Coimbatore

2021 – 2024 · CGPA: 7.06

CERTIFICATIONS

- **TA101 Certificate (Transactional Analysis)** – IBOC; course completed 1 Mar – 6 Apr 2023
- **Pearson Academy India** – Training on Career Assessments & Counselling, PSGR Krishnammal College for Women, Feb 2024
- **Pearson Academy India** – Read the Signs: A Suicide Prevention Training Program, PSGR Krishnammal College for Women, Feb 2024
- **Sherlock Institute of Forensic Science** – Certificate of Excellence, Forensic Psychology (Grade D), Cert. No. ACFP146, Mar 2024
- **Mindfulness and Well-being: Living with Balance and Ease – Coursera**, May 2023, ID: L2962HL4KJD5
- **The Arts and Science of Relationships: Understanding Human Needs –** Coursera, May 2023, ID: DQ5SCPDD4LAG
- **Positive Psychiatry and Mental Health –** Coursera, April 2023, ID: W2PSSNCQP634

PUBLICATION AND RESEARCH

Betrayal Trauma in Relation to Emotional Regulation and Borderline Personality Traits *2026*

IJFMR, Vol. 8, Issue 2, 2026. https://www.ijfmr.com/publication-archive.php?volume=8&issue=2

Health Conditions and Sleep Quality in Relation to Cyberchondria among Emerging Adults and Late Adolescents *2024*

Conference Presentation — Presented at the International Multidisciplinary Conference on Embracing the Future with Advances in Science and Technology (ICEFAST 2024), Ethiraj College for Women, Chennai, February 2024.

My Side of the Story: A Study on Cognitive Dissonance Experience of Ghosters (Mixed-Methods Study) *2024*

Collaborative research project utilising both qualitative and quantitative approaches to examine the cognitive dissonance experiences of individuals who engage in ghosting.

CLINICAL EXPERIENCE

Field Work Intern *Feb – Apr 2026*

SAKYA Foundation – Child Development Centre, Bengaluru

- Learned foundational attending behaviours, listening skills, TLM (Teaching Learning Material) preparation, and clinical interviewing techniques under supervision.
- Worked with children with neurodevelopmental delays and speech delays enrolled under the NIOS (National Institute of Open Schooling) framework, supporting individualised developmental and educational goals under the supervision of the clinical team.

Trainee / Intern *Jan – Feb 2026*

Vazhikatti Mental Health Centre & Research Institute, Coimbatore

- Rotational postings across inpatient and outpatient departments under Mr Rajavarman J.
- Administered MISIC and MMPI; observed BKT, Rorschach Inkblot Test, and drug counselling.
- Exposure across general adult, old age, child & adolescent, and addiction services.

Clinical Psychology Trainee *Nov – Dec 2025*

Krishna Nursing Home, Coimbatore

- Trained under Dr B. Ravi Shankar (Psychiatrist) and Mrs Durga (Psychologist).
- Direct patient interactions, case history taking, and MICA clinical assessments.
- Observed Electroconvulsive Therapy (ECT).

Trainee / Intern *Jun – Jul 2025*

G. Kuppuswamy Naidu Hospital, Coimbatore

- Trained under Dr Keerthana Palaniswamy and Dr Vinod Balaji.
- Case history taking, clinical assessments; observed exposure therapy.
- Exposure across adult, old age, child & adolescent, and addiction domains.

PSYCHOLOGICAL TESTS ADMINISTERED

Personality & Psychopathology

- MMPI (Minnesota Multiphasic Personality Inventory)
- Rorschach Inkblot Test (observed)
- MISIC

Cognitive & Developmental

- BKT – Bhatia's Battery of Performance Tests (observed)

Affect & Symptom Measures

- PANAS (Positive & Negative Affect Schedule)
- Brief Clinical Assessment Scale for Schizophrenia
- MICA (Dual Diagnosis Screening)

Neuropsychological Assessments

- PGI Battery for Brain Dysfunction
- Benton Visual Retention Test
- Wisconsin's Card Sorting Test

Substance & Addiction

- Drug Counselling Sessions (observed)
- Addiction-focused clinical assessments

SKILLS

Clinical

- Psychological Assessment Administration
- Clinical Interviewing
- Behavioural Observation
- Counselling Skills
- Family Therapy Approaches

Technical

- SPSS (Statistical Package for Social Sciences)
- Content Writing
- Research Methodology

Languages

- English
- Tamil
- French

Clinical Psychology Trainee

Jun – Jul 2023

Naveen Rehabilitation Centre, Coimbatore

- Foundational clinical interviewing and attending skills.
- Conducted PANAS and Brief Clinical Assessment Scale for Schizophrenia for inpatients.

LEADERSHIP

Lead Coordinator – Well-Being Campaign Club

2021 – 2022

PSGR Krishnammal College for Women (Ranked 9th in NIRF)

- Elected Lead Coordinator and Team Head for the Well-Being Campaigners Club.
- Organised mental health awareness programs at GRG Matriculation School and inter-college workshops.
- Strengthened leadership, event coordination, and advocacy skills in mental health promotion.