

Sae Patwardhan

+91 8431489440 | psychotherapywithsae@gmail.com

PROFESSIONAL SUMMARY

Licensed Clinical Psychologist and researcher adept at formulating and executing evidence-based and efficacious psychotherapeutic interventions.

CONFERENCES

- **Presented and won the best poster award** for the study titled "*Feasibility study on design and development of a digital intervention for adults with ADHD*" in **Psychiatry Insight'23, KMC**.
- **Presented** the study titled "*Designing and development of a tobacco cessation digital course for capacity building of MHPs in India*" at **ADDICON'23**

TRAININGS AND WORKSHOPS CONDUCTED

- Conducted a staff wellness program for **World Food Program** the theme of the same was **Gender in the workplace**.
- Conducted a lecture series with **Christ University** for their Masters students as a visiting faculty.
- Hosted trainings for MHPs in **NIMHANS** for skill building in treating **substance use**.

WORK EXPERIENCE

CLINICAL PSYCHOLOGIST | 01/2024 to present

Private Practice

- Conducting individualized therapy sessions online for clients across all demographics and diagnoses. Practicing individual, couples and family therapy.
- Performing personality, family and diagnostic assessments.

VISITING FACULTY | 07/2024 to present

Private Practice

- Conducting classes and evaluations for Masters' students for Psychopathology and Psycho-diagnostics.
- Mentoring the trainees by facilitating skill building activities in class.

CLINICAL PSYCHOLOGIST | 05/2024 to present

Spring Health – New York

- Conducting individualised therapy sessions online for corporate clients across demographics and diagnoses. Practicing individual, couples and family therapy.
- Engaging in continued learning programmes and panels with the organization.

EXPERT CLINICAL PSYCHOLOGIST | 06/2023 to 12/2023

NIMHANS - Bangalore

- Worked in liaison with CAM and VKN
- Development and running of multipledigital capacity building courses for MHPs, publishing the research related to the impact of projects run.
- Conducted skill building workshops on Management of SUD and MI.

MPHIL TRAINEE /CLINICAL PSYCHOLOGIST | 11/2020 to 12/2022

KMC - Manipal

- Worked in liaison with the Department of Psychiatry.
- Trained in psychiatric diagnoses, assessments, case conceptualization and formulation.
- Trained in Neuropsychological assessments.
- Training and supervision in various psychotherapies.
- Trained in psychosocial rehabilitation and family therapy.

ASSISTANT PSYCHOLOGIST | 04/2018 to 04/2019

Center for Mental Health - Pune

- Conducting supervised therapy sessions for a range of psychological disorders.
- Cognitive training for dementia and traumatic head injury patients.
- Administering clinical rating scales, personality and projective tests, neuropsychological assessments, IQ and SLD testing with adults as well as children.
- Headed the operations of Internships provided at the Centre.

PSYCHOLOGY TRAINEE | 04/2018 to 05/2018

Regional Mental Hospital - Pune

- Hands on training about the workings of Government Psychiatric facility, and various programs available.
- Conducted psychoeducation, supportive therapy and group therapy session in IP and OPD setups.

FIELD RESEARCHER AND DATA ANALYST | 12/2017 to 06/2018

UNICEF, and CORD India - New Delhi

- Worked on a project in collaboration with CORD India and UNICEF in collaboration with the Ministry of Education of India.
- Coded qualitative data and generated analyses reports in a population survey study.

- Acquired insights working in professional Research and Dissemination Sector.

EDUCATION

Manipal College of Health Professionals, MAHE - Manipal | Master of Philosophy (MPhil) Clinical Psychology, 12/2022

- Dissertation: "Feasibility and Acceptability of web-application delivered structured skills training for adults with ADHD"

University of Pune (Currently SPPU) - Pune | Master of Arts

Clinical Psychology, 05/2018

- Graduation with Distinction
- Directed Mental Health Awareness Street Plays
- Dissertation: "Self-perception, Coping Resources, Hope and Gratitude among Juvenile Diabetics"

SP College, University of Pune - Pune | Bachelor of Arts

Psychology, 06/2016

- Graduation with Distinction
- Facilitated a Learning Disabilities Screening Workshop, Ritanjali Foundation (New Delhi); 2017

CERTIFIED TRAINING AND WORKSHOPS

- Diploma in Community Mental Health by NIMHANS (May - August 2020)
- Trauma Focused Psychotherapy by Dr. Shalini Anant (May - June 2020)
- Certificate Course in Basics of Addiction Management by NIMHANS (June - October 2020)
- Training in Trauma informed approach to psychological interventions with Connect and restore (June 2022)
- Introduction to Emotion Focused/ Process Experiential Therapy by MCHP, MAHE (November 2022)

INTERNSHIPS

INTERN | 12/2017 to 03/2018

Center for Mental Health - Pune

- Observing therapy, cognitive training and case history sessions.
- Assisting various psychological assessments as well as scoring and reporting of

the same.

- Generating web content related to the current trends of the clinical field.

INTERN | 05/2017 to 07/2017

Fortis Healthcare - New Delhi

- Worked as an intern with consulting psychiatrists and clinical psychologists
- Assisted with psychological assessments and engaged in IPD rounds

INTERN | 02/2017 to 03/2017

Prasanna Autism Centre - Pune

- Engaged in occupational and music therapy with Autistic children

LANGUAGES

English

████████████████████
Bilingual or Proficient (C2)

Marathi

████████████████████
Bilingual or Proficient (C2)

Hindi

Bilingual or Proficient (C2)

Kannada

████████████████████
Advanced (C1)

REFERENCES

- Ms. Nitha Thomas – Faculty, MAHE KMC, Manipal
Contact: 9535042922 | nithakollannoor@gmail.com
- Ms. Nupur Dhakephalkar – Founder, Center for Mental Health,
Pune Contact: 8975171165 | nupur.dhakephalkar@gmail.com
- Dr. Prabhat Chand –Professor, NIMHANS,
Bangalore Contact: 9845313617 | chand@nimhans.ac.in

