



Hello.. I'm

Kinjal
R A M B H I Y A

I'm your..

P S Y C H O L O G I S T



rambhiyakinjal15@gmail.com



Mumbai, India



+91 7021429849

ABOUT ME

Compassionate Psychologist with 2+ years of experience in therapy, assessments, and psychoeducation for adolescents, adults, and couples. Skilled in CBT, REBT, ACT, DBT and Mindfulness and various evidence based approaches. Experienced in clinical practice and corporate wellness workshops, with a passion for creating safe, stigma-free spaces that support emotional well-being across individual and organizational settings.

EXPERIENCE

MANOCHIKITSA - ONLINE PLATFORM (FREELANCING) *Freelancing Psychologist August 2025- Present*

Provide **virtual counselling and therapy to adults worldwide** for concerns including **grief, anxiety, depression, relationship and parental conflicts, couples therapy, and career counselling**. Utilize evidence-based interventions to support emotional well-being in a culturally sensitive and accessible online setting.

PSYNCHRONIZE MINDS (ANKLESHWAR, GUJARAT) *Consultant Psychologist Nov 2024- Present*

- Conducted detailed case histories, Mental Status Examinations (MSE), and administered assessments including **VSMS, Vanderbilt, ISAA, BDI, BAI, DAS-42, Nimhans SLD, PGI-BBD, MCMI III**.
- Provided individual **psychotherapy and counselling** for psychiatric conditions such as **MDD, OCD, Bipolar Disorder, Anxiety Disorders, social Anxiety ,Dissociation, Neurocognitive disorders and various Personality Disorders (BPD, NPD, Antisocial, etc.)**.
- Addressed subclinical issues like stress, low self-esteem, time management, interpersonal conflicts, relationship and lifestyle concerns using **CBT, ACT, Mindfulness, Insight-Oriented, and Solution-Focused Therapy**
- Delivered family psychoeducation, marital counselling, cognitive remediation for neurodegenerative disorders, and remedial education for neurodivergent children.
- Actively **conducted corporate wellness workshops, school-based mental health awareness sessions** both for parents and teacher, and employee counselling.
- Created mental health content for social media and designed engaging presentations for psychoeducational events.
- **Supervised Undergraduates psychology** interns through case discussions, training, and research mentorship.
- Assisted in clinical administration including documentation, billing, **OPD/IPD follow-up and coordination , and patient history-taking**.
- Demonstrated strong professionalism, empathy, and a holistic commitment to mental health care.

EDUCATION

Msc. Clinical Psychology

- **Kristu Jayanti College (Bangalore)**
2021- 2023
70% A grade

B.A in Psychology Major

- **Nagindas Khandwala College (Mumbai)**
2018 - 2021
A grade

LANGUAGES

English, Gujarati, Kutchi,
Hindi, Marathi

SKILLS

- Psychotherapy
- Counseling
- Behavior Modification
- Public Speaking
- Psychological Assessments
- Coaching

CERTIFICATIONS

- Diploma course in Graphology.
(Handwriting and Signature Analysis)
- Certificate course in Child Care and Child development (University Grants Commission add on course)



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EXPERIENCE

FREELANCER - SELF EMPLOYED (ONLINE PRACTICE) (MUMBAI)

March 2024- Oct 2024

Provided **virtual therapy sessions** to clients ranging from **adolescents to middle-aged adults**. Addressed concerns such as exam anxiety, relationship issues, career confusion, marital conflicts, and work-life balance. Applied evidence-based therapeutic approaches including CBT, REBT, and mindfulness-based interventions to promote emotional well-being and personal growth.

RYAN INTERNATIONAL SCHOOL GOREGOAN (MUMBAI)

School Counselor

July 2023-Jan 2024

Provided **counselling and remedial education** for students from preschool to Grade 12, addressing concerns such as ADHD, conduct disorders, autism, learning difficulties, family conflicts, peer pressure, relationship issues, and career guidance.

Conducted **parent workshops on "Parenting in the Age of Social Media"** and **teacher training on work-life balance, student engagement, and classroom management**.

Actively contributed to conflict resolution between parents, teachers, and students, chaired admission interview rounds, and led the **school's first Mental Health Day** through street plays and awareness sessions.

PERSEVERANCE SPECIAL SCHOOL (BANGALORE)

Feb 2023-April 2023

Internship

Assisted teachers and psychologists in working with neurodivergent children, including those with autism, ADHD, and intellectual disabilities. Supported curriculum planning, daily activity structuring, and behavior management. Contributed to organizing the school's annual day function and observed therapeutic and educational interventions in classroom settings.

PUBLICATION

Rambhiya, K. & Lokesh, L. (2023). Cognitive Flexibility, Leadership style on Decision Making among Self Employed and Employed. *International Journal of Indian Psychology*, 11(2), 2554-2561. DIP:18.01.252.20231102, DOI:10.25215/1102.252

Shetty, V., & Rambhiya, K. (2021). Impact of Covid 19 on Perceived Stress and Social Support during Lockdown. *Indian Journal of Mental Health*, 8(3).

Short Story (A night in the forest) Publication in ISBN book *Purple Inklings* by Kristu Jayanti College

ACTIVITIES

Kristu Jayanti College (Bangalore) 2021-2023

Organizing Committee member of Stimuli and National Conference of Kristu Jayanti College Bangalore

Planning and executing the event

Nagindas Khandwala College(Mumbai)(2020-2021)

Core Member, of Inpsyched (Psychology department fest) Head of the events ,planning and executing events.

Nagindas Khandwala College(Mumbai)(2019)

Head of Project Pehel, a social wing of Nagindas Khandwala College in a four day social camp at the Adivasi village, Karambelivadi , Pen Taluka, Raigad District.

Secretary at Project Poshan, social wing of Nagindas khandwala college in feeding of underprivileged.

Nagindas Khandwala College(Mumbai)(2018-19)

Sub Core Member of the Intra Event, Symphony Planning and executing events.



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EXPERIENCE

KING'S EDWARD MEMEORIAL HOSIPTAL (KEM) (MUMBAI)

Internship

Jan 2023

Observed psychiatric patients in OPD and IPD settings across a range of diagnoses. Administered psychological assessments including **BKT, MISIC (intelligence), MMPI-2, MCMI, TAT, and Rorschach (personality)**. Provided **psychoeducation to caregivers of individuals with psychiatric illnesses** and participated in case discussions with senior psychiatrists to enhance diagnostic and therapeutic understanding.

LOKAMANYA TILAK MUNCIPAL GENERAL HOSPITAL (MUMBAI)

Internship

July 2022- August 2022

Observed psychiatric patients in OPD and IPD settings across a range of diagnoses. **Administered psychological assessments including BKT, MISIC (intelligence), MMPI-2, MCMI, TAT, and Rorschach (personality)**. Provided psychoeducation to caregivers of individuals with psychiatric illnesses and participated in case discussions with senior psychiatrists and in house clinical psychologist to enhance diagnostic and therapeutic understanding.

OUT A LOUD (MUMBAI)

Internship

May 2019- September 2019

Observed individual and group therapy sessions, assisted in case documentation, and supported workshop planning and content creation on mental health topics. **Attended corporate sessions and meetings alongside the psychologist**. Contributed to social media management by developing educational and promotional content for awareness and engagement.

INTEREST

Enthusiastic reader of fiction, with a keen interest in staying updated on advancements in psychology and medicine. Enjoys meaningful time with friends and family, as well as traveling and exploring new cultures and places.

COMPUTER

Word, Excel, Powerpoint