

**KAIYOMI MISTRY**

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**Date:** 13.10.2025

**Subject:** Application for the Role of Psychologist

Dear Samarpan Health Team,

I am writing to express my interest in the position of Psychologist at your institution. With a Master's in Psychology (Clinical Electives) from India and an MSc in Creative Arts and Mental Health from Queen Mary University of London, I bring a combination of evidence-based clinical training and creative therapeutic expertise to promote mental well-being across diverse populations.

As the founder of *Sunflower State of Mind*, my private practice, I work with a wide array of clients, integrating Cognitive Behavioural, Rational Emotive, and Dialectical Behaviour Therapies with Creative Arts Expressive Therapies. My approach emphasizes empathy, collaboration, and creativity, making therapy both accessible and meaningful. Alongside private practice, I serve as a School Counsellor at St. Anne's High School and as a Psychologist with *The New Thought Collective* (Never Alone App), where I provide trauma-informed online counselling in partnership with the Global Centre for Integrative Health at AIIMS, New Delhi.

My professional experiences across hospitals, schools, and community organizations in both India and the UK have strengthened my ability to adapt therapeutic methods to varied age groups and cultural contexts. From facilitating creative arts workshops for young people in London to conducting psychometric assessments in Mumbai's clinical settings, I have developed a well-rounded skill set rooted in compassion, structure, and evidence-based practice.

I am particularly drawn to your organization's commitment to holistic mental health care and would be honoured to contribute my skills in therapy, assessment, and program facilitation to your team. I am confident that my multidisciplinary training, coupled with my passion for creative, client-centered work, would align well with your mission and values.

Thank you for considering my application. I would welcome the opportunity to discuss how my background and approach can support your ongoing work in mental health and wellbeing!

Warm regards,

**Kaiyomi Mistry**

Psychologist | Expressive Arts Therapist

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