

KAIYOMI MISTRY

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PROFILE

I am Kaiyomi Mistry, a Psychologist, Expressive Arts Therapist and School Counsellor. A Graduate Member of The British Psychological Society with a license from the Mental Health Incorporation, I am also a Creative Arts Therapeutic Facilitator with extensive experience in hospitals, schools, and private practice. I specialize in evidence-based therapies (CBT, REBT, DBT) and psychometric assessments, integrating creative arts to enhance mental health interventions. A certified suicide prevention first responder and published researcher, I am fluent in English, Hindi, Gujarati, and Marathi, enabling me to connect with diverse populations. I am eager to collaborate with hospitals, schools and organizations while running my private practice, *Sunflower State of Mind*.

EDUCATION

Queen Mary University of London: MSc Creative Arts and Mental Health 2023 – 2024

Modules Include: Theatre for Young People: Pedagogy in Practice, Critical Encounters in Arts and Mental Health, Performing Mental Health, Critical Mental Health Sciences

Kishinchand Chellaram College, Mumbai: MA Clinical Psychology 2021 – 2023

Modules Include: Psychometric Assessment, Cognitive Psychology, Evolutionary & Cultural Psychology, Interventions, CBT/REBT

FLAME University, Pune: BA Psychology 2018 – 2021

Modules Include: Psychology, Theatre

International Baccalaureate Diploma Programme, Aditya Birla World Academy, Mumbai 2016 – 2018

Indian Certificate of Secondary Education, J. B. Petit High School, Mumbai 2004 – 2016

PROFESSIONAL EXPERIENCE

Sunflower State of Mind: Founder, Psychologist & Expressive Arts Therapist Oct 2024 – Present

Providing individual therapy and group workshops, integrating evidence-based techniques with creative arts for holistic mental health support.

The New Thought Collective: Psychologist Sep 2025 – Present

Providing online therapy sessions through the *Never Alone* App, a collaboration between MHFI and the Global Centre for Integrative Health at AIIMS, New Delhi.

Engaging in trauma-informed counselling, maintaining ethical standards, and participating in case discussions, supervision, and training initiatives.

St Anne's High School: School Counsellor Apr 2025 – Present

Providing group and individual counselling sessions for students from kindergarten to 10th standard. Implementing creative arts-based interventions to promote emotional expression and mental well-being. Collaborating with parents, teachers and staff to support student mental health needs.

J. B. Petit High School: Volunteer School Counsellor Apr 2025 – Apr 2025

Providing group and individual counselling sessions for students from kindergarten to 10th standard. Implementing creative arts-based interventions to promote emotional expression and mental well-being. Assisting in the school's weekly counselling lecture series, covering relevant mental health topics.

Theatre Troupe, London, UK: Project Manager, Mentor & Creative Facilitator Jan 2024 – Dec 2024

Conducting one-on-one sessions as well as group workshops with clients using creative arts as interventions for mental health.

Youth Resilience Unit, QMUL, London, UK: Research Assistant Jan 2024 – Oct 2024

Assisting in conducting research on loneliness within the youth of London, UK.

Half Moon Young People's Theatre, London, UK: Creative Facilitator Apr 2024 – Jun 2024

Used Drama based techniques to help young people navigate feelings towards future focusing on career, environment and mental health.

B.Y.L. Nair Charitable Hospital, Mumbai, India: Clinical Psychology Intern Jan 2023 - Mar 2023

Conducted client case histories and administered psychometric tests, with a focus on intelligence testing.

L.T.M.G. Hospital, Sion, Mumbai, India: Clinical Psychology Intern Sep 2022 – Jan 2023

Conducted client case histories and administered psychometric tests, with a focus on projective testing.

Mind Over Image, Mumbai, India: Psychology Intern May 2020 – Jul 2020

Managed social media accounts, engaged in therapist-client role-play counselling sessions, and acquired skills in organisational psychology.

Masina Hospital, Mumbai, India: Psychology Intern May 2019 – Jun 2019

Observed various forms of therapy, including drama therapy, animal-assisted therapy, art therapy, dance movement therapy, yoga therapy and group therapy.

EXTRA CARRICULAR ACTIVITIES

Psychology Panelist – Flame University Psychology Panel 2025

Mental Health Incorporation – Registered & Licensed 2025

Graduate Member – The British Psychological Society 2024

Course Representative – MSc Creative Arts and Mental Health, Queen Mary University of London 2023-24

Published Paper – The Impact of Mental Illness on Marital Adjustment - Indian Journal of Psychology 2024

TRAINING & CERTIFICATIONS

Counselling Interventions - Psykey-Unlock Psychology 2023

Basic & Advanced CBT - Psykey-Unlock Psychology 2022

Counselling Children & Adolescents – Udemy 2020

Psychological First Aid - Johns Hopkins University	2020
Forensic Psychology - Sherlock Institute of Forensic Science	2020
Suicide First Aid Training - Safe Space India	2020
Psychology Workshop – MyCaptain	2020
Pre-College Boot Camp at Indian School of Management and Entrepreneurship	2017
Elementary Entrepreneurship Program - National Entrepreneurship Network	2016

SKILLS & INTERESTS

Languages: English Hindi Gujarati Marathi

Skills: Psychological First Aid, Active Listening, Emotional awareness, Empathy, Leadership and Facilitation, Problem Solving, Creative Writing, Communication, Counselling, Psychometric assessment

IT Skills: Canva and Outlook

Interests: Creative Arts, Mental Health, Travel, Culinary Arts