

Hasti Mehta

Clinical Psychologist

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Professional Summary

Clinical Psychologist with a strong academic foundation and supervised clinical experience across multispecialty hospitals, including psychiatric, neurological, and pediatric populations. Skilled in diagnostic assessments, psychometric testing and therapeutic interventions. Interested in advancing clinical expertise and contributing to patient care within hospital settings that integrate psychiatric care and interdisciplinary collaboration.

Work Experience

MPhil Clinical Psychology Internships (August 2023-August 2025)

Clinical Internships (under MPhil training):

- Conducted diagnostic assessments, psychotherapy sessions, case conceptualizations, and report writing under supervision.

RN Cooper Municipal General Hospital (4 months)

- Acquired clinical experience in conducting evaluations for Intellectual Disability and Specific Learning Disorder for disability certification, alongside observational exposure to medico-legal cases within a multidisciplinary framework.

King Edward Memorial Hospital (2 months)

- Acquired hands on experience in adult psychiatry OPD/IPD cases, taking case history and MSE, psychometric assessments like Rorschach Inkblot Test, Milon's Clinical Multiaxial Inventory (MCMI), Minnesota Multiphasic Personality Inventory (MMPI) and so on.

Narayana Health SRCC Children's Hospital (4 months)

- Acquired clinical experience in pediatric neurology and developmental disorders; gained hands-on experience in child-focused therapeutic interventions and developed working knowledge of neuropsychological assessments including and various child centric assessment tools.

Jagruti Rehabilitation Centre (Malad: 4 months, Taloja: 4 months)

- Administered psychometric assessments as part of comprehensive psychiatric rehabilitation, alongside exposure to long-term management of chronic mental illness in inpatient settings.

NeuroGen Brain and Spine Institute (4 months)

- Gained focused experience in child-centric assessments and therapeutic interventions, primarily with children diagnosed with Autism Spectrum Disorder (ASD), along with clinical exposure to assessment and supportive care for geriatric patients.

Assistant Professor of Psychology at JWES's Wilson College (August 2022- July 2023)

- Taught Abnormal Psychology and Cognitive Psychology to Third-Year BA Psychology students.
- Designed engaging lectures, assessments, and classroom activities.
- Mentored students on research methodology and guided counselling and industrial psychology projects.

Masters in Clinical Psychology Internships (July 2020-June 2022)

Kasturba Medical College Hospital, Attavar, Mangalore (2 years)

Wenlock District Hospital, Mangalore (2 years)

- Attained supervised clinical training with hands-on experience in case history taking, psychometric assessment, and psychotherapy.

Academic History

MPhil Clinical Psychology (August 2023-2025)

- Amity University, Mumbai
- CGPA: 9.25/10 (Grade A)

Masters of Science in Clinical Psychology (June 2020- June 2022)

- Kasturba Medical College, Manipal Academy of Higher Education (MAHE)
- GPA: 8.64/10 (Grade A)

Bachelors of Arts in Psychology (June 2017- May 2020)

- Mithibai College of Arts, Commerce and Science, Mumbai
- CGPA: 8.65/10 (Grade A)

Courses and Certifications

CBT and REBT Course (September-October 2024)

- 35 hours of theory and practical training in Cognitive Behavior Therapy (CBT) and Rational Emotive Behavior Therapy (REBT)
- Atha Centre of Psychotherapy and Training
- Mode: Online

Introductory course on Trauma Informed Approach (November-December 2023)

- Participated in 15 hours of training in Trauma Informed Approach to Psychological Interventions
- Connect and Restore (CORE)
- Mode: Online

Skills

- Strong rapport-building across age groups and clinical populations
- Case History Taking and Mental Status Examination (MSE)
- Psychometric Assessments
- Case Formulation and individualized treatment planning
- Teaching Skills
- Research Skills

Languages

- English
- Hindi
- Gujarati