

Dear Mr. Martin Peters,

I am writing to express my keen interest in a psychology internship at Samarpan Health. I recently completed my Bachelor of Arts degree in Psychology at the University of British Columbia in Vancouver. I believe that my diverse research and clinical experiences across Canada and India would allow me to contribute meaningfully to your team.

At UBC, I worked as a research assistant at the Centre for Cognitive Development. Alongside Dr. Darko Odic, I collaborated on a number of projects that explored math and language development in 3- to 8-year-old children. I also worked with Dr. Clare Killikelly in the Department of Psychiatry at UBC to investigate the relationship between grief processes, indicators of mental health, and post-migration living difficulties for immigrants in Canada. These experiences gave me deeper insight into the fields of developmental and clinical psychology through a research perspective.

After moving back to Mumbai, my experience as a clinical psychology intern at Dr. Yusuf Matcheswalla's clinic allowed me to understand mental health care in the Indian context. I worked collaboratively with my peers to assist in counselling sessions, write detailed case history reports, psycho-educate clients prior to their appointments, and also administer a range of psychological assessments. Through active listening and sensitivity towards clients' non-verbal cues, I was able to form a strong rapport with them and hence, make a direct positive impact on their well-being. Observing the transformative power of psychotherapy solidified my commitment to pursuing clinical psychology and help make a meaningful impact on individuals from diverse backgrounds.

At New Horizons Child Development Centre, where I currently work as a research intern, I have learned to integrate research into clinical practice. My role involves editing case reports for publication, conducting literature reviews, brainstorming new research projects and writing study protocols for ethics approval. This participation has allowed me to develop my scientific writing skills and advance my ability to critically engage with research design, methodology, and data analysis. Furthermore, this experience has helped hone my interpersonal and communication skills, particularly in the context of interacting with children and their families in both a research and clinical setting.

Across my experiences, I have developed a deep appreciation for mental health care that bridges clinical work with research. By joining Samarpan Health as an intern, I hope to expand my knowledge in the field and further foster my passion for psychology under the guidance of professionals. This hands-on experience will allow me to gain a multifaceted perspective on mental health care and also develop essential clinical skills that align with my long-term goal of becoming a practicing clinical psychologist.

Thank you for your time and consideration.

Sincerely,  
Zobia Alam