

Shravani Phatak

Psychologist
M.Sc. Psychology
(clinical)
BCPA Licence
LM/ 2017679

CONTACT



+91 8237679060



psychologistshravani@gmail.com

About

Compassionate, empathetic and dedicated mental health professional seeking a position as a psychologist to apply expertise and provide psychological help by using multidisciplinary and evidence based therapies to foster positive behavioural transformations across various settings.

Soft Skills

- Empathy
- Unconditional positive regards
- Non-judgmental approach
- Communication
- Patience, compassion
- organization
- Ethics
- Commitment to learning.

Technical Skills

- MS office.
- Adobe
- Writing
- Content creation
- Phone skills
- Social media
- Spreadsheets
- Canva
- Qualitative research
- Virtual DJ

Workshop Experiences

Psycho-education: facilitated community-based workshops with the aim of psycho-education with NGOs, Rehabilitation centers and community outreaches.

Corporate workshops: facilitated corporate wellness workshops as a freelancer with Company named 'Prismind'

Mental health workshops: Have facilitated workshops in realm of psychology and mental health with collaboration of schools, colleges, community clubs and rotary clubs.

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Work Experience

Senior Psychologist

Abhasa Rehabilitation & Wellness Home — Karjat

Aug 2025 – Present

- Provide overall psychological care and evidence-based therapeutic interventions across the centre.
- Supervise and mentor psychologists and counsellors; conduct case conferences and clinical discussions.
- Coordinate with psychiatrists on diagnosis, medical management, and integrated treatment planning.
- Oversee client journey from admission, case history and diagnostic formulation to discharge and relapse prevention.
- Conduct individual psychotherapy using CBT, REBT, DBT, MET and supportive modalities.
- Lead family therapy sessions and manage referral and comorbid cases.
- Administer standardized psychological assessments and monitor treatment outcomes.
- Ensure clinical documentation, PDP formulation, and monthly reviews are accurate and completed on time.
- Conduct in-house trainings and competency development programs for clinical staff.

Psychologist

Abhasa Rehabilitation & Wellness Home — Karjat

Sep 2023 – Jul 2025

- Delivered structured psychological care for residential and outpatient clients.
- Conducted screening and diagnostic assessments (PANSS/BPRS/YMRS/MMSE, etc.).
- Provided CBT, REBT, DBT, MET, addiction counselling, relapse prevention and post-care therapy.
- Facilitated group therapy sessions and supportive counselling.
- Conducted family therapy, relationship counselling and psychoeducation.
- Collaborated with multidisciplinary team for medical and psychosocial management.
- Maintained clinical documentation, progress notes and treatment updates.

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Work Experience

2022 — Intern Psychologist

Manav Neuro Psychiatric Hospital, Kalyan

Key Responsibilities:

- Provided psychological care to OPD/IPD patients under clinical supervision
- Conducted clinical interviews and standardized psychological assessments (cognitive, personality, neuropsychological screening)
- Assisted in differential diagnosis and formulation of clinical impressions
- Participated in individual and group therapy sessions (CBT/REBT/Supportive/Behavioural)
- Contributed in drafting individualized treatment and management plans
- Maintained clinical records and collaborated with multidisciplinary team (psychiatrists, nurses, social workers)

2021 — Research Freelancer

Swedish Chambers of Commerce, India

Key Responsibilities:

- Conducted structured field interviews with blue-collar employees across industrial units
- Collected primary data related to workplace conditions, occupational health, and labour experiences
- Interpreted and organized data for policy and corporate reporting
- Coordinated with stakeholders for data validation and quality assurance

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Work Experience

2020 — Research Intern

With Dr. Vikas Behelkar (Psychiatrist & Professor, University of Mumbai)

Key Responsibilities:

- Assisted in development of psychological test items and preliminary scales
- Conducted pilot testing and collected validation data from field participants
- Assisted in documentation and ethical compliance processes
- Prepared and organized research notes for academic publication

2019 — Research Freelancer

Sakav Samajik Sanstha

Key Responsibilities:

- Conducted qualitative transcription and thematic coding of interview data
- Performed narrative analysis for community-based intervention documentation
- Supported preparation of research summaries for NGO reports and donor presentations

2018 — Data Collector & Data Analyst

Sakav Samajik Sanstha

Project: SAKSHAM (in collaboration with Save the Children India)

Key Responsibilities:

- Conducted baseline (2017) and endline (2018) surveys for a child protection and empowerment initiative
- Collected field data through structured interviews in low-income settlements
- Digitized and managed databases (Excel, basic SPSS) for qualitative datasets
- Assisted in preliminary data analysis, trend identification and report drafting

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Education

M.Sc. Psychology with clinical specialization

Amity University, Mumbai

2021-2023

- Qualified with first division (7.43 CGPA)

BA Psychology

Joshi Bedekar College, Thane, Mumbai

University.

2017-2020

- Qualified with first division (6.89 CGPA)

Extra-curricular activities

Former Co-founder at Unplug mental wellbeing companion LLP. A company which aims for the betterment of mental health and mental well-being by working in three realms which are:

1. Consultancy: Providing professional help for people with mental health problems.
 2. Psycho-education: creating awareness about psychology and mental health.
 3. Merchandise: Creating and curating mental health and mental well-being merchandise.
- Indian classical music (vocals).
 - Guitarist
 - Pianist

Known languages:

- English
- Marathi
- Hindi
- Sanskrit
- French

Thesis

Sustenance of smoking tobacco among adults: A qualitative enquiry.

I Hope my qualification is satisfactory to you. Thank you .