

MEENAKSHI MENON

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SUMMARY

Versatile Psychology Intern with robust experience in clinical, organisational, forensic and research settings. Adept at project management, academic writing, and research with a proven ability to manage timelines and deliver high-quality outcomes. Experienced in conducting psychological assessments, facilitating social skills classes for children with autism, and promoting mental health awareness. Strong communicator with knack for building rapport and fostering supportive environment. Ready to contribute psychological insights and drive positive outcomes in mental health initiatives.

EXPERIENCE

DR. OLA WELLNESS HUB

Dubai, UAE

Psychology Intern 05/2025 to 06/2025

Company Overview: It is a leading psychological clinic focused on providing mental health care and services, specially for children struggling with coping mechanisms, anxiety and other difficulties.

- Engaging in taught modules related to play therapy, counselling skills, and the use of psychological modalities in various settings.
- Spearheading roleplays and activities based on real-life case studies, clinical observations, and mental health issues.
- Acquiring a blend of information from eclectic resource materials, collaborative discussions, and mentor interactions.
- Role-plays and intense taught modules on various therapy modalities from narrative and compassion-focused therapy to cognitive-behavioural and play therapy.
- Created and presented assignments and case discussions related to decolonising psychology, analysis of personality, intake forms and client-focused ethics.

UPLIFE

Psychology Intern 04/2025 to 05/2025

Company Overview: Mental health organisation facilitating aid for mentally distressed individuals with a focus on targetted goals, therapeutic alliance and support.

- Received intensive exposure to trauma-informed care and aid within therapeutic settings.
- Collaborated with fellow psychologists and colleagues to provide a holistic discussion on the theories, framework, and case presentations of trauma in behavioural symptoms.
- Integrated theories and evidence-based models to case studies for exploration and analysis.

ALL INDIA QUEER FOUNDATION

Psychology Intern 09/2024 to 03/2025

Company Overview: A foundation that centers around the promotion of queer identities and rights through social media awareness and online spaces.

- Collaborated with team members to achieve target results.
- Currently working as a psychology intern for a foundation that centres around the promotion of queer identities and rights.
- Read relevant literature, interpreted evidence-based materials and translated complex behavioural concepts into easy-to-read and fun social media posts.
- Met schedule using excellent planning and coordination skills.
- Moderated and facilitated group sessions and listening circles for individuals in the community.

COGNIZAVEST

Psychology Intern 12/2024 to 02/2025

Company Overview: Educational and mental health sector, providing real-life case studies and materials for clinical disorders, case history taking, and mental status examination.

- Engaged in continuous professional development to keep abreast of the latest theories and practices in psychology.
- Drafted scholarly papers, work-related reports, and technical documentation.
- Presented findings from psychology research projects and academic papers, receiving commendable feedback.

UPLIFE

Psychology Student Intern 11/2024 to 11/2024

Company Overview: Mental health organisation facilitating aid for mentally distressed individuals with a focus on targetted goals, therapeutic alliance and support.

- Completed a 30-day internship and training on modules related to clinical psychology, counselling practices,

assessment tools, and more.

- Assessed impact of various factors on individuals' thoughts and behaviours.
- Conducted psychological assessments under supervision to gauge client mental health status.
- Delivered presentations on innovative therapy techniques, and their applications in clinical practice.

MANAH WELLNESS

Program Coordinator Intern

02/2024 to 05/2024

Company Overview: Specialising in the promotion of mental health care for seafarers and their loved ones.

- Managed multiple project timelines simultaneously, demonstrating exceptional organisational and leadership skills.
- Facilitated organisational restructuring to improve agility and response to market changes.
- Collaborated with interdisciplinary teams, fostering a holistic approach to research projects.
- Conducted comprehensive research to support project objectives, compiling and analysing data for team review.

ACEMYPREP

Editor and Writer

11/2023 to 01/2024

Company Overview: A study abroad programme, focused on customising the client's application to their desired university.

- I worked as an editor and writer for a study abroad programme, customising the client's application to their desired university.
- Conducted comprehensive research to fact-check articles, ensuring the reliability and credibility of information.
- Applied strong writing, editing and proofreading abilities to each assignment to produce best possible content.
- Delivered high-quality written content that was insightful, informative and entertaining.

CENTRE FOR AUTISM AND OTHER DISABILITIES REHABILITATION RESEARCH AND EDUCATION (CADRRE)

Psychology Intern

09/2023 to 10/2023

Company Overview: Educational centre for children with autism and ADHD.

- Worked as a psychology intern and support staff for social skills, and general academics.
- Adapted classes to meet requirements of special needs children.
- Facilitated a positive learning environment by applying classroom management techniques effectively, fostering student cooperation.
- Integrated technology into the classroom to support interactive learning, including digital presentations and online resources.
- Implemented strategies for differentiated instruction to cater to students with special educational needs and language barriers.

T.T.K HOSPITAL

Psychology Intern

07/2022 to 08/2022

Company Overview: Rehabilitation and deaddiction centre for individuals with substance use and alcohol addictions.

- Engaged in professional development activities to stay abreast of advancements in rehabilitation psychology and incorporate them into practice.
- Worked in multidisciplinary teams to observe various rehabilitative modalities and therapeutic sessions.

30 - HOUR INTERNSHIP PROGRAM

Psychology Intern

07/2021 to 07/2021

Company Overview: Dr. Akashdeep Ghoshal is an RCI-licensed clinical psychologist working in the mental health sector.

- Drafted detailed session notes and psychological reports, accurately through presented case studies and reports.
- Attended and actively participated in diagnosis and clinical treatment planning.
- Participated in multidisciplinary team meetings, contributing psychological perspectives.

SKILLS

Effective Report and Case Writing
Organisation and Project Management
Research Methods and Statistical Analysis
Behaviour Modification

Willingness to Learn
Critical Thinking
Passionate worker
Empathetic and Active Listener

LANGUAGES

Malayalam: First Language

English: C2

Proficient

Hindi: B2

Upper Intermediate

Tamil: B1

Intermediate

Spanish : A2

Elementary

VOLUNTEER EXPERIENCE

EFI - 2019 & 2022

Volunteered for multiple beach and lake clean-ups.

Aiesec in Navi Mumbai 2020 - 2021

Worked as a Junior Marketing Executive in a UN recognized youth-run organization that facilitates foreign exchanges and internships.

PROJECTS

International Symposium on 'Health, Tea and Culture' - 2021

Presented a collaborated paper on cross-cultural music at a globally diverse and recognised platform.

Project R.I.S.E - Millennium Fellowship - 2021

Performed the role of an active research team member.

EDUCATION

UNIVERSAL CERTIFICATION: FORENSIC SCIENCE AND CRIMINOLOGY

2024

International Forensic Sciences

BACHELOR OF SCIENCE: CLINICAL PSYCHOLOGY

2023

Amity University Maharashtra

First Division

Completed my final year dissertation on 'A Study on the Relationship between Emotional Competency, Meaning in Life, and Flourishing'

Conducted an intensive paper on 'A Scientific Review on Immigration Patterns and the Lives of Children with Special Needs', which is currently undergoing the process of publishing

CLINICAL PSYCHOLOGY AND SPORTS EDUCATION

Global R-Hub, India

- Currently undertaking an exploratory secondary research on the influence of gender identity and expression on the mental health of male athletes.

CERTIFICATIONS

QPR Suicide Prevention Gatekeeper Program - QPR Institute

Cognitive Behavioral Therapy Course - Training and Research Academy for Career Excellence Foundation

Cybersecurity - ADBI

Palliative care: Models of service delivery and symptom management - World Health Organisation

Poetry Writing - Udemy

Level 1 Guitar Performance