

# ARCH

## Psychological Services

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### EXPERIENCE

#### August 2015 - Current

#### ARCH Psychological Services, Edmonton

- Out-patient services in the Downtown Edmonton office, working with children, adolescents and youth under the care of Child and Family Services, Alberta (CFSA)
- Extensive work with First Nations/Aboriginal clients, both youth and adults
- Working with private clients, both youth and adults, as well as mediating between children and their parents
- Conduct various assessments, including neuropsychological, psychoeducational, PDD/AISH and parenting assessments. Experienced with administering and interpreting a wide battery of tests.
- Provided in-patient psychological and behavioural supports to adolescents with significant histories of trauma and loss, struggling with self-harm, depression, anger and aggression, addictions, emotion regulation, anxiety and the like.
  - Location: High Prairie, AB
  - August 2015 – October 2016
- Worked with First Nations Youth and Staff members at High Prairie and acquired in-depth cultural knowledge and also participated in activities like smudges and talking circles.

#### Volunteering for Psychologists Association of Alberta (PAA)

- February 6, 2017 – Presentation on ‘**Resilience in Students**’, at Strathcona High School, Edmonton, on the occasion of Professional Development (P.D.) Day.
- March 1, 2017 – Presentation on ‘**The Field of Psychology**’ for an Introductory Psychology class at Strathcona High School, Edmonton.

**February 2015 – March 2015**

**CASA – Edmonton**

Volunteer with the Infant and Preschool group at Child, Adolescent and Family Mental Health Center (CASA) - Edmonton Southside.

**Clinical Psychology Internships**

**March 2014 – April 2014  
(1 month Final Summer Internship)**

Department of Psychiatry  
Kempegowda Institute of Medical Sciences (KIMS),  
Bangalore, India

- Detailed Case History Work
- Conducted IQ assessments and Specific Learning Disability Battery
- Conducted Personality assessments like Rorschach Inkblot Test, Thematic Apperception Test, Sentence Completion Test, Draw-a-person Test and the International Personality Disorder Rating Scale.

**Nov 2013 – Feb 2014  
(4 month Semester Internship)**

Department of Psychiatry,  
St. Martha's Hospital, Bangalore, India

- Detailed Case History Work
- Regular Follow up sessions with Clients
- Conducted IQ assessments
- Conducted Personality assessments like Rorschach Inkblot Test, Thematic Apperception Test
- Administered questionnaires related to ADHD, Alcohol Use/Abuse
- Conducted individual therapy sessions for clients with Clinical Depression and Anxiety, undergoing medication.
- Observed clients with Bipolar Disorder and Schizophrenia
- Provided psycho-education for clients with substance abuse related issues.
- Completed Behavioral and Cognitive Theory based Case Formulations

**April 2013 – May 2013  
(1 month Summer Internship)**

Department of Psychiatry  
Kempegowda Institute of Medical Sciences (KIMS),  
Bangalore, India

- Detailed Case History Work
- Conducted IQ assessments and Specific Learning Disability Battery
- Conducted Personality assessments like Rorschach Inkblot Test, Thematic Apperception Test
- Administered a Neurological Test Battery
- Conducted therapy for a child with Borderline IQ to improve academic performance and overall functioning
- Observation of therapy sessions conducted by the clinical psychologist

### **EDUCATION**

**May 2015 – June 2015**

PSYC 6203 - Ethical Standards for Mental Health Practitioners  
**Distinction (99%)**  
Yorkville University, NB, Canada

**May 2012 – March 2014**

Master of Science in Psychology (Clinical)  
**First Class**  
Christ University, Bangalore, India

**June 2009 – March 2012**

Bachelor of Arts in Psychology, Sociology, Economics  
**First Class with Distinction**  
Christ University, Bangalore, India

### **TRAINING/WORKSHOPS**

**January – February 2017**

**Emotionally Focused Couple Therapy (EFT): Six Week Online Training**  
With Dr. Sue Johnson, Ed.D.

**April 2016**

**Play Based and Expressive Therapies: Developmentally Sensitive Ways to Work with Children**  
Conducted by Dr. Lorri Yassenik, Ph.D., RSW, CPT-S, RPT-S  
PAA Workshop in Calgary, AB

**September 2015**

**Therapeutic Interventions with Children, Youth and Adults  
Living with FASD**

Conducted by Liz Lawryk, M.Sc., BSW, RSW  
In association with Northern Association for FASD, at High  
Prairie, AB

**September 2013**

**An Introduction to Cognitive Behavioural Therapy & REBT**

Conducted by Dr. Nitin Shukla (MD, DNB, MNAMS, Master  
trainer, Clinical Hypnotherapy, NLP) from California  
Hypnosis Institute. Endorsed by American Hypnosis  
Association, Remind Training & Consulting, Pvt. Ltd.  
Conducted in Bangalore, India.

**July 2013**

**TA 101 (Transactional Analysis)**

Conducted by P. K. Saru, Teaching and Supervising  
Transactional Analyst (Psychotherapy), Director, ASHA. On  
behalf of the Training and Certification Council of  
Transactional Analysts, Inc., USA. Sponsored by ASHA  
Counselling and Training Services, Coimbatore, India.  
Conducted in Bangalore, India.

**February 2013**

**Evidence Based Cognitive Hypnotherapy**

Conducted by Dr. Assen Alladin from Faculty of Medicine,  
University of Calgary. Held at Christ University, Bangalore,  
India.

**PROFESSIONAL AFFILIATIONS**

**College of Alberta Psychologists**

**CAP# 4667**

Member since August 2015

**Psychologists Association of Alberta**

Member since August 2015

**PAPER PRESENTATIONS**

**2014**

**Author: Kirthana Ramani**

**Title: Attention Span and Verbal Working Memory in  
Adolescents Trained in Carnatic Music**

**Details: Paper presented at the Postgraduate Student  
Conference on Interdisciplinary Approaches to Social  
Development (February 2014) at Christ University,  
Bangalore, India.**

**2012**

Authors: Harshita N, **Kirthana Ramani**, Santhanam S, Vidyasagar N.  
Title: Effect of Raga Darbaari Kanada on Anxiety Levels and Well Being Among the Elderly  
Details: Paper presented at the XXII Annual Convention of National Academy of Psychology (NAOP) (December 2012)

### CONFERENCES ATTENDED

**January 2014**

**National Seminar on “Living Well: Grounding Positive Psychology in Practice”**

Organized by the Department of Psychology, Christ University, Bangalore, India)

**February 2013**

**Annual Conference on Interdisciplinary Approaches to Social Responsibility; Empirical Evidences of Best Practices**

Conducted at Christ University, Bangalore, India

**January 2012**

**Second International Conference on Counseling, Psychotherapy and Wellness and the Third Congress of the Society for Integrating Traditional Healing into Counseling, Psychotherapy and Psychiatry**

Organized jointly by Christ University, Bangalore and Ontario Institute for Studies in Education (OISE), University of Toronto. Held at Christ University, Bangalore, India.

### AWARDS / RECOGNITION

**2012 – 2013**

Contribution to “**Perspective**” the Biannual Publication of The Department of Psychology, Christ University, as part of the **Content Team** (2012 – 2013). Themes: Psychology in India and Cyber Psychology.

**2011 – 2012**

Appreciation of Services rendered as a **Member of the Student Council of Christ University** (2011-2012).

**2009-2010**

Certificate of Merit for “**Excellent Performance in Academics**” for the year 2009 – 2010.

### OTHER DETAILS

**Canadian Permanent Resident**

**Talented Vocal Musician** – Performer at the Mushtari Begum Festival of Indian Classical Music and Dance, New Westminster, BC, Canada

### REFERENCES

Will be provided on request