



Moving Bodies. Moving Minds.
www.synchronyindia.com

rhea.synchrony@gmail.com

EDUCATION

St Xavier's College, Mumbai July 2020 – Present

Postgraduate Diploma in Expressive Arts Therapy, Distinction (Achieved)

Dissertation: Empathising with Anger: A Heuristic Inquiry

Relevant Modules: Expressive Arts Therapy Skills, Expressive Arts Therapy Theory, Research Methods, Fieldwork, Counselling Theories, Process & Skills,

King's College London

Sep 2017- Sep 2018

MSc in Mental Health Studies, Distinction (Achieved)

[Dissertation: The Role of Premorbid and Baseline Social Functioning on Functional Outcome in Patients with Affective and Non-affective Psychosis](#)

Relevant Modules: Introduction to Research Methodology, Dissertation, Social and Community Mental Health, Clinical Placements

The University of Nottingham

Sep 2014- July 2017

BSc in Psychology, 2:1 Honours (Achieved)

[Dissertation: Can People Infer the Morality of an Event through Facial Expressions and Body Language?](#)

Relevant Modules: Research Project, Statistical Methods, Cognitive Psychology, Social Psychology, Neuroscience & Behavior, Social & Developmental Psychology, Clinical Psychology, Introduction to Psychoanalysis, Addiction & the Brain

RELEVANT WORK EXPERIENCE

St Xavier's College, Mumbai

Internship

May 2021 – July 2021

- Provided supervised online expressive arts therapy sessions to individuals and groups with varied needs including, anxiety, depression, and developmental difficulties
- Maintained detailed client reports and presented my learnings from the internship as a reflective case-study, gaining proficient ability to monitor and present progress

Karma Center for Counselling & Wellbeing, New Delhi

Psychologist

March 2019 – Nov 2019

- Designed and implemented treatment plans based on the psychological evaluation of clients
- Participated in multidisciplinary supervision meetings with the clinical psychologist and psychiatrist to discuss a client's therapeutic plan and progress

- Developed and delivered weekly workshops for psychology interns on mental health topics, and consistently received positive evaluations

King's College London, London

Research Volunteer

Oct 2018 – Jan 2019

- Assisted members of the Genetics and Psychosis (GAP) team in clinical assessment compilation and manual participant data entry
- Shadowed the administration of clinical assessments by research associates and recognised the significance of empathy and precision for comprehensive assessment administration

Mother and Baby Unit, South London and Maudsley NHS Foundation Trust, London

Graduate Placement

Oct 2018 – Jan 2019

- Observed family-based therapeutic sessions for mothers with psychosis and developed healthy patient rapport while psycho-educating family members about a mother's mental health and how they can help manage it
- Participated in multidisciplinary ward rounds where improvements regarding a mother's care are planned and discussed
- Created a database of aggressive and self-harm behaviour at the unit before and after the implementation of Dialectical Behaviour Therapy by clinical psychologists. This was further presented by psychologists at a DBT training event to review its effectiveness

Occupational Therapy Department, South London and Maudsley NHS Foundation Trust, London

Occupational Therapy Assistant & Workshop Co-Facilitator

Mar 2018 – Jan 2019

- Co-facilitated the running of specific occupational therapy activity groups (for 5-10 individuals) involving principles of cognitive behavioural therapy (behavioural activation & graded exposure), e.g., woodwork, jewellery making
- Engaged with patients from anxiety, depression, psychosis, and forensic units on an individual basis and in group settings to establish realistic goals and enable occupational function
- Documented patient progress in therapeutic sessions

The University of Nottingham, Nottingham

Research Volunteer

April 2016 - June 2016

- Led the recruitment of participants, collection, and analysis of data for a virtual maze task designed to investigate the representations underlying route learning while meeting critical deadlines and maintaining ethical standards of practice

PANELS & COLLABORATIONS

- Collaborated with WAMH to conduct therapeutic workshops on 'Dealing with Challenges Faced by Indian Students During the Pandemic' (May 29th,2021) and 'Support for Caregivers' (September 30th,2020)
 - Co-panelist on Let's Talk e-conclave (June 20th,2020) to discuss the impact of social media on teenagers and how it impacts body image
 - Collaborated with Dove, UK & The University of West England in the facilitation & delivery of workshops from March – November 2019 to 'challenge appearance ideals' across secondary school classrooms within the Delhi, NCR
 - Member of a panel on 'Suicide Prevention' organized by The Rotaract Club of Delhi Janak on October 16th,2019. This initiative was part of the celebrations for World Mental Health Day and an attempt to create mental health awareness in society
 - Guided an LGBTQIA+ sensitivity training session for incoming clinicians at Karma Center for Counselling & Wellbeing on May 5th,2019
 - Conducted a workshop on 'Gender Identity and Sexuality Sensitization' at Kamala Nehru College on April 3rd,2019
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