



SABEEN H. RIZVI (PhD)

Curriculum Vitae

Current Position: Associate Professor Department of Psychology, Gargi College, Siri Fort Road, University of Delhi, New Delhi-110049, India (2009-Present)

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Adjunct Assistant Professor, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A. (2014-Present)

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Citizenship: India

Education

Fulbright–Nehru Postdoctoral Fellow (Clinical Psychology), University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A. 2013-2014.

Ph.D. (Psycho-oncology), Dissertation: *Personality profile of cancer patients*. Lucknow University, Lucknow, U.P., India. 2009.

M.A. (Psychology). Lucknow University, Lucknow, U.P., India. 2003.

Clinical Training

- Extensively trained in CBT including at the Beck Institute of Cognitive Behaviour Therapy, Philadelphia, USA,

- Developmental psychopathology, mood disorders & evidence-based research & assessment at the MECCA Lab, Department of Psychology & Neuroscience, University of North Carolina at Chapel Hill, USA

- Clinical assessment and therapy at Mental Health Consulting Services Inc., Ohio, USA
- Doctoral training in psycho-oncological assessment and interventions.

Research Interest

Developmental Psychopathology & mental health; evidence-based assessment & research, cross-cultural differences and diversity issues and minority mental health; counselling and Cognitive Behaviour Therapy

Socio-political and intersectional lens to explore radicalization, fundamentalism and violent extremism in youths; Political and Peace Psychology and its interventions.

Awards & Honours

Major Research Awards (*Rehnuma I & Rehnuma II*), Ministry of Home Affairs, Government of India (Oct.2021-March 2023)

Rehnuma I- Exploring Radicalization and Separatist Support for Khalistan in Punjab: A Mixed Method Study on Radicalization for Policy Recommendation (Classified Project)

Rehnuma II- Exploring the Process of Radicalization In Incarcerated Islamist Extremists: Inside And Outside The Prison for Policy Recommendation (Classified Project)

Total team members trained in both the projects (1 Research Associate & 5 Research Assistants).

Witkin-Okonji Travel Award for attending the 25th meeting of International Association of Cross Cultural Psychology to be held at Guelph, Canada (July 1st- 5th, 2018).

Post Doc invite by Prof. Sheri Johnson to join her Lab at University of California, Berkeley, USA (2017-2018).

Awarded Adjunct Assistant Professorship (June, 2014-present), Department of Psychology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A.

Witkin-Okonji Travel Award for attending the 23rd meeting of International Association of Cross-Cultural Psychology held at Nagoya, Japan (July 30th-3rd August, 2016).

Fulbright-Nehru Postdoctoral Fellow (2013-2014) at Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A. University Grants Commission, (UGC, Government of India sponsored fellowship), Junior/Senior Research Fellowship (2005-2008), Lucknow University, Lucknow, Uttar Pradesh, India.

Employment

Associate Professor (Applied Psychology), Gargi College, University of Delhi, New Delhi, India, (August,2021- Present)

Assistant Professor (Applied Psychology), Gargi College, University of Delhi, New Delhi, India, (August, 2009- August,2021) and Teacher In-charge (15th July 2017- 24th Sept.2018 & 10th Aug.2020- 31st July 2021).

Adjunct Assistant Professor (June, 2014-present), Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A.

Postdoctoral Fellow (2013-2014), Department of psychology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, U.S.A.

Consultant CBT Therapist, Family Resource Centre, Vasant Vihar, New Delhi, India (Nov.2011-Aug.2013).

Research Associate, Mental Health Consulting Services, Inc. Highland Heights, Ohio (U.S.A.). August 2009 –2014.

Assistant Professor (Psychology), Jesus and Mary College, University of Delhi, Delhi, India (July 2010- Sept.2010).

Consultant Psychologist, Illumenta Corporation, Delhi, India (March. 2009 – July 2009).

Guest Faculty (Psychology). Department of Psychology. Kamla Nehru College, Delhi, India (Aug. 2009 March 2010).

Guest Faculty (Forensic Psychology and Human Behavior). Department of Anthropology, University of Lucknow (2005-2006).

Guest Faculty (Counseling Psychology) Institute of Management Studies. University of Lucknow (2005-2006).

**Selected Peer Reviewed Publications (International & National)
& Chapters in Edited Books**

1. Rizvi, S. (2022) Psychology of Gender Differences: Comparison in Cognitive Abilities and Career Related Processes. In M. Misra (Ed) *Psychology of Gender* (pp 196-216) Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/84909>
2. Rizvi, S. (2022) Gender socialization and cultural differences in the construct of gender. In M. Misra (Ed) *Psychology of Gender* (pp 79-100) Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/84923>
3. Gyamfi B., Ann Repp, A., Youngstrom, E., & Rizvi,S.H. (2021) Creativity and Mood Across Cultures: The Relationship Between Mood Disorders and Creativity in North American, South Korean and Indian University Students. *The Ronald E. McNair Research Journal*. (3),53-63. The University of Texas at Austin, USA.
4. Rizvi, S. (2021) Cognitive Behaviour Therapy: The Evidence Based Approach. In N.Kumar (Ed) *Counselling Psychology: Indian and Western Pathways*. (pp 133-151) Cengage, New Delhi, India.
5. Rizvi S. (2021) Perspectives on Human Development I: Psychosocial and Psychodynamic; Developmental Task Theory. In M.Mishra (Ed) *Developmental Psychology*. (pp 34-53). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79113>
6. Rizvi S. (2021) Perspectives on Human Development II: Cognitive Perspective. In M.Mishra (Ed) *Developmental Psychology*. (pp 54-81). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79117>
7. Rizvi S. (2021) Perspectives on Human Development III- Humanistic; Ethological & Evolutionary; Bioecological and Life Course Theory. In M.Mishra (Ed) *Developmental Psychology*. (pp 82- 106). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79118>
8. Rizvi S. (2021) Domains of Human Development- Moral and Social Development. In M.Mishra (Ed) *Developmental Psychology*. (pp 226-253). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79127>

9. Rizvi S. (2021) Domains of Human Development-Emotional Development and Emotional Relationships. In M.Mishra (Ed) *Developmental Psychology*. (pp 254-277). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79128>
10. Rizvi S. (2021) Domains of Human Development -Development of Self, Identity and Gender. In M.Mishra (Ed) *Developmental Psychology*.(pp 278-305). Indira Gandhi National Open University, New Delhi, India. <http://egyankosh.ac.in/handle/123456789/79129>
11. Utreja, D., & Rizvi, S.H. (2020) Anger in Anxiety Disorders: A Review. *Journal of Psychiatry and Psychological Research*.3(5):239-242
12. Yadav, R., & Rizvi, S.H. (2019) Rorschach Profile and Comparative Analysis of Anxiety in the Transgender ‘Hijra’ Community. *Journal of Community Guidance and Research*, 36 (02)
13. Utreja, D., & Rizvi, S.H. (2019) Exploring the relationship between state, trait anger and anxiety in anxiety disorder patients. *The International Journal of Indian Psychology*, 7(1).
14. Youngstrom, E. A., Egerton, G., Genzlinger, J., Freeman, L. K., Rizvi, S. H., & Van Meter, A., (2018). Meta-Analysis of the Discriminative Validity of the Bipolar Spectrum Diagnostic Scale in Adults. *Psychological Bulletin*. 144(3), 315-342. doi:<http://dx.doi.org/10.1037/bul000137>
15. Salcedo, S., Rizvi, S. H., Freeman, L. K., Youngstrom, J.K., Findling, R. L. & Youngstrom, E.A. (2018). Testing the diagnostic efficiency of CBCL subscales for psychosis: Achenbach Versus Lengua Subscale. *European Journal of Child and Adolescent Psychiatry*. doi: 10.1007/s00787-018-1140-1
16. Rizvi, S. H., Salcedo, S., Youngstrom, E. A., Freeman, L. K., Gadow, K. D., Fristad, M. A., Birmaher, B., Kowatch, R. A., Horwitz, S. M., Frazier, T. W., Arnold, L. E., Taylor, H. G., & Findling, R. L. (2018). Diagnostic Accuracy of the CASI-4R Psychosis Subscale for Children Evaluated in Pediatric Outpatient Clinics. *Journal of Clinical, Child and Adolescent Psychology*. DOI: 10.1080/15374416.2017.1410824
17. Rizvi, S.H., Ong, M.L., & Youngstrom, E.A. (2014). Bipolar Disorder in Children and Adolescents: An Update on Diagnosis. *Clinical Practice*, 11(6), 665-676.
18. Misra, R.K., & Rizvi, S.H. (2012). Clinical psychology in India: A Meta Analytic Review. *International Journal of Psychological Studies*, 4 (4), 18-26.

19. Rizvi, S.H., & Bhatnagar, P. (2009). Psychodynamics of a cancer patient. *Journal of Community Guidance and Research*, 26, 216- 225.

Peer Reviewed Conference Presentations (National & International)

1. Verma, V., & Rizvi, S. (2023, February). *Exploring Body Shape, Mood States and Quality of Life: Preliminary Report* [Poster presentation]. 27th International and 58th National Conference of Indian Association of Applied Psychology 2023: New Delhi, India. **(Best Poster Award)**.
2. Jaiswal, S., & Rizvi, S. (2023, February). *Acceptance and Commitment Therapy for Body Image Issues & Disorders: A Review*. [Paper presentation]. NACIACP 2023: SGT University, Gurgaon, India.
3. Madhok, K., & Rizvi, S. (2023, February). *Non-suicidal self- injury: A review across the last decade* [Paper presentation]. NACIACP 2023: SGT University, Gurgaon, India.
4. Zehra, A., Sandhu, A., & Rizvi, S.H. (2022, April) Using an intersectional approach to explore the psychological wellbeing of women in Jammu & Kashmir. Paper presented National Conference on Psychology and its Role in Human and Societal Development, Dr. Bhim Rao Ambedkar College (University of Delhi), India
5. Zehra, A., Sandhu, A., & Rizvi, S.H. (2022, March) Using an intersectional approach to explore mental health literacy, help seeking attitudes and psychological wellbeing of women in Jammu & Kashmir. Paper presented at the 31st Convention of National Academy of Psychology, IIT, Mumbai, India.
6. Arora, M. & Rizvi, S. H. (2022, March) I Am What I think: Exploring Automatic thoughts and mood states in young adults. Paper presented at the 31st Convention of National Academy of Psychology (NAOP), IIT Mumbai, India.
7. Jaiswal, S & Rizvi, S.H. (2022, March) Effectiveness of Acceptance and Commitment Therapy for Body Image related Issues: A Review. Paper presented at the 31st Convention of National Academy of Psychology (NAOP), IIT, Mumbai, India.
8. Zehra, A., Sandhu, A., & Rizvi, S.H. (2022, January) Mental Health Literacy, help seeking attitudes and psychological wellbeing of women in Kashmir. Paper

- presented at 57th National and 26th International Conference of Indian Academy of Applied Psychology, Mizoram, India.
9. Agarwal, M., & Rizvi, S.H. (2021, October) Exploring the gaps in training and guidelines for LGBTQIA+ affirmative mental health practices in India. Paper presented at International Conference on 'Towards Gender Equality: Overpowering Structural Barriers and Reclaiming Agency, Jagran Lakeview University, India. **Best Paper Award.**
 10. Singh, R., & Rizvi, S.H. (2020, August); *The Nature of Self-Injurious Thoughts and Behaviours in Youths using DSM-5*; The Society of Clinical Child & Adolescent Psychology (Division 53), American Psychological Association Convention, Washington D.C., USA.
 11. Nilafdeen, A., & Rizvi, S.H. (2020, February) *Understanding Peace & Conflict- A Qualitative Inquiry Across Four South Asian Nations*; International Conference on Perspectives on Peace & Sustainable Development in a World of Conflict. Vivekananda College, University of Delhi, New Delhi, India.
 12. Algul N., Rizvi, S.H. & Chakravorty, S. (2019, December) Exploring Perfectionism, depression & anxiety in Indian & Turkish Youths: 29th Annual Convention of National Academy of Psychology (NAOP), India & International Conference on 'Making Psychology Deliverable to the Society; Paper Presentation; Puducherry, India.
 13. Chakravorty, S., & Rizvi, S.H. (2019, December) Exploring music, creativity and mood states: Preliminary findings; 29th Annual Convention of National Academy of Psychology (NAOP), India & International Conference on 'Making Psychology Deliverable to the Society; Poster Presentation; Puducherry, India.
 14. Singh, R., & Rizvi, S.H. (2019, October); Exploring the Nature of Non-Suicidal Self-Injury (NSSI) using DSM-5; The 6th International and 8th National Psychological Society Congress; Paper Presentation; Chandigarh, India.
 15. Singh, R., & Rizvi, S.H. (2019, October); Exploring the Nature of Self-Injurious Thoughts and Behaviours; 5th International Conference of Indian Academy of Health Psychology; Paper Presentation; Varanasi, India.
 16. Nanda, S., & Rizvi, S.H. (2019, October); Exploring Gender Differences in Sensation Seeking Behaviours; The 6th International and 8th National Psychological Society Congress; Paper Presentation; Chandigarh, India.

17. Karaca, S., Algul, N., Kaila, G., & Rizvi, S.H. (2018, July) Self-Compassion and Life Satisfaction across Cultures: Comparing Indian and Turkish Youths. Paper presented at the 24th International Conference of the International Association of Cross-Cultural Psychology, Guelph, Canada.
18. Thakur, A., Kabra, T., Kundu, B. & Rizvi, S. H. (2017, December). *Exploring social media usage, narcissism, and self-esteem in youths*. Paper presented at the 27th Annual Conference of National Academy of Psychology (NAOP), IIT Kharagpur, West Bengal, India.
19. Rizvi, S.H. (2017, November). *Clinical correlates of delusional ideation: Distress, conviction & preoccupation*. Paper presented at 3rd International Conference of Indian Academy of Health Psychology (ICIAHP), Lucknow. Uttar Pradesh, India.
20. Krishna, M., & Rizvi, S.H. (2017, November). *Depression, resilience and coping mechanisms in college students*. Paper presented at 3rd International Conference of Indian Academy of Health Psychology (ICIAHP), Lucknow, Uttar Pradesh, India.
21. Kabra, T., Thakur, A., Kundu, B. & Rizvi, S. H. (2017, November). *Self-esteem and social media usage: A study of youths from urban cities*. Paper presented at 3rd International Conference of Indian Academy of Health Psychology (ICIAHP), Lucknow. Uttar Pradesh, India
22. Salcedo, S., Rizvi, S. H., Youngstrom, E. A., Freeman, L. K., Gadow, K. D., Fristad, M. A., Birmaher, B., Kowatch, R. A., Horwitz, S. M., Frazier, T. W., Arnold, L. E., Taylor, H. G., & Findling, R. L. (2017, November). *Diagnostic accuracy of the CASI-4R Psychosis subscale in pediatric outpatient clinics*. Poster presented at the 51st Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA, U.S.A.
23. Rizvi, S. H., & Misra, R.K. (2016, August). Delusional ideations in Indian females: preliminary findings. Paper presented at the 23rd annual meeting of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
24. Rizvi, S. H. (2016, August). Virtual reality exposure therapy: a case report from India. Poster presented at the 23rd annual meeting of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
25. Rizvi, S. H., Freeman, L. K., & Youngstrom, E.A. (2014, November). Testing the diagnostic efficiency of CBCL subscales for psychosis: Achenbach Versus

- Lengua Subscale. Poster presented at the annual meeting of ABCT, Philadelphia, PA, U.S.A.
26. Rizvi, S.H., Van Meter, A., Youngstrom, J.K., Feeny, N., & Youngstrom, E.A. (2014, November). Creativity, mood and psychosis: A study of Korean Youths. Poster presented at the annual meeting of ABCT, Bipolar Special Interest Group, Philadelphia, PA, U.S.A.
 27. Genzlinger, J., Rizvi, S. H., Bourne, K. B., Freeman, L. K., Egerton, G., Van Meter, A., & Youngstrom, E. A. (2014, November). Meta-Analysis of the Discriminative Validity of the Bipolar Spectrum Diagnostic Scale in Adults. Poster presented at the annual meeting of ABCT, Philadelphia, PA, U.S.A.
 28. Egerton, G., Genzlinger, J., Bourne, K., Freeman, L., Min, H., Rizvi, S.H, Ford, G., Van Meter, A., & Youngstrom, E. (2014, November) The Diagnostic Efficiency of Hypomanic Checklist-32 for Identifying Bipolar Disorder in an International Population of Adults: Meta-Analysis. Poster presented at the annual meeting of ABCT, Philadelphia, PA, U.S.A.
 29. Rizvi, S.H., Youngstrom, E.A., Freeman, L.K., Fristad, M.A., Birmaher, B., Robert A. Kowatch, R.A., Horwitz, S.M., Frazier, T.F., Arnold, L.E., Hudson Taylor, H., & Findling, R.L. (2014, October). Diagnostic efficiency of the CASI-4 psychosis subscale in the LAMS study: A ROC analysis. Poster presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry (AACAP) at San Diego, California, U.S.A.
 30. Rizvi, S.H., Youngstrom, E.A., Freeman, L.K., Fristad, M.A., Birmaher, B., Robert A. Kowatch, R.A., Horwitz, S.M., Frazier, T.F., Arnold, L.E., Hudson Taylor, H., & Findling, R.L. (2014, October). Diagnostic efficiency of the CASI-4 for identifying psychotic conditions in paediatric outpatient clinics. Poster presented at National Conference in Clinical Child and Adolescent Psychology (NCCCAP), Lawrence, Kansas, U.S.A.
 31. Rizvi, S. H., Freeman, L. K., & Youngstrom, E.A. (2014, August). Potential Psychotic Symptom Dimensions in Paediatric Outpatients: Exploratory factor analysis. Poster presented at the APA Convention, Washington, D.C., U.S.A.
 32. Rizvi, S. H., Freeman, L. K., & Youngstrom, E.A. (2014, April). Correlates of Potential Psychotic Symptom Dimensions in Paediatric Outpatients. Poster presented at the annual meeting of the North Carolina Psychological Association (NCPA), Charlotte, NC, U.S.A.

33. Rizvi, S. H., Freeman, L. K., & Youngstrom, E.A. (2014, April). Using Achenbach Versus Lengua CBCL Subscale to Screen for Psychotic symptoms in Paediatric Sample. Poster presented at the annual meeting of the North Carolina Psychological Association (NCPA), Charlotte, NC, U.S.A.
34. Genzlinger, J., Rizvi, S. H., Bourne, K. B., Freeman, L. K., Egerton, G., Van Meter, A., & Youngstrom, E. A. (2014, April). Meta-Analysis of the Discriminative Validity of the Bipolar Spectrum Diagnostic Scale in Adults. Poster presented at the annual meeting of the North Carolina Psychological Association (NCPA), Charlotte, NC, U.S.A.
35. Egerton, G., Genzlinger, J., Bourne, K., Freeman, L., Min, H., Rizvi, S.H., Ford, G., Van Meter, A., & Youngstrom, E. (2014, April) Meta-Analysis of the Diagnostic Efficiency of the Hypomanic Checklist-32 for Identifying Bipolar Disorder in an International Population of Adults. Poster presented at the annual meeting of the North Carolina Psychological Association (NCPA), Charlotte, NC, U.S.A.
36. Rizvi, S.H. (2013, March). Behind the veil: demystifying the identity of Muslim women. Paper presented at National Seminar on Social Representations of Identity in India: An Interdisciplinary Dialogue, at I.I.T., Delhi, India.
37. Rizvi, S.H. & Bhatnagar, P. (2013, February). Emotional holding in cancer patients: A phenomenological approach. Paper presented at National Conference on Mental Health and Wellbeing, organized by IGNOU, New Delhi, India.
38. Rizvi, S.H. & Bhatnagar, P. (2013, December). Experiential world of cancer patients as explored in representative literature. Paper presented at the National Conference of Indian Association of Positive Psychology, (IAPP), Varanasi, UP, India.
39. Rizvi, S.H. (2012, May). Using virtual reality exposure therapy for social phobia: A case report. Paper presented at National Conference of India Career Development Association, New Delhi, India.
40. Chakravorty, S. & Rizvi, S.H. (2012, May). Work, women and quality of life. Paper presented at National Conference of India Career Development Association, New Delhi, India.
41. Rizvi, S.H., Srivastava, A., & Bhatnagar, P. (2007, July). Mental health scenario in Uttar Pradesh. 2007. Poster session. International Conference of Psychology. NIMHANS, Bengaluru, India.

42. Rizvi, S.H., Srivastava, A., & Bhatnagar, P. (2006, December) Media and relationships: A CBT perspective. Paper presented at the Indian Science Congress, Lucknow, UP, India.
43. Rizvi, S.H. & Bhatnagar, P. (2005, December). Psychodynamics of a cancer patient: An object relations perspective. Paper presented at the National Academy of Applied Psychology, Kanpur, UP, India.

Professional Affiliations/Memberships

- COVID counselling helpline team member, University of Delhi (2020-present).
- COVID counselling helpline team member, Gargi College, University of Delhi (2020- present).
- Member of International Association of Cross-Cultural Psychology (Membership No: 5037).
- Member of American Psychological Association (Membership No: 28683107).
- Member of International Fulbright Alumni Association.
- Member of Society for a Science of Clinical Psychology, U.S.A.
- Member of India Career Development Association (ICDA), New Delhi, India.
- Member of the Review Board to the 3rd International Conference on Human Behaviour and Development Issues Lucknow, India (2016).
- Member of Scientific Committee for ICDA's National Conference, on *Career Development: Preparing for the Road Ahead* (May, 2012)
- Ad hoc reviewer for the international peer reviewed journal-Psychological Assessment (Published by APA;Impact Factor-2.99)
- Reviewer for the peer reviewed journal-Journal of Human Behaviour and Development Issues (ISSN 2349-8366)

Trainings

Attended several workshops on various topics of mental health and academic enrichment including,

- NVIVO qualitative data Analysis (February,2022)
- 1 week Faculty Development Program on ICT Based Learning and Developing MOOCs for Teaching Process in Higher Education organized by Teaching learning

Centre, Ramanujan College, University of Delhi (29th December 2020- 4th January 2021)

- 2-week Faculty Development Program on Enhancing Psychological Skills for Teaching & Practice organized by Teaching learning Centre, Ramanujan College, University of Delhi (15th September-29th September 2020)
- 1 week Certificate Course on Digital teaching Techniques, organized by ICT Academy (29th June-4th July 2020)
- 1 week Faculty Development Program on Research Methodology organized by Amity University, Lucknow (3rd June to 9th June 2020)
- 1 week Gender Sensitization Course at HRDC, Jamia Millia Islamia University, New Delhi (25th July-31st July, 2018)
- 3 weeks Refresher Course at CPDHE, Delhi University (28th November-18th December, 2017).
- 4 weeks Orientation Course at HRDC, Lucknow University (1st December- 30th December, 2016).
- Anti Plagiarism Workshop (facilitator, Dr. Ramesh Gaur, Director, Director, Library and Information at IGNCA) 13th March 2018.
- 3-day Expressive Arts Workshops organized by Department of Psychology, Gargi College (facilitator Ms. Manju Jain, Portland, USA) 24th,26th, 28th February 2018.
- 2 day Capacity Building Programme of ‘Mentoring the teacher mentors’ organized by IQAC, in collaboration with B.El Ed, Psychology, Philosophy departments, Gargi College 19th & 20th January, 2018.
- 1 day ADHD Assessment Workshop, South Campus, Delhi University. 23rd September 2017.
- Teaching Cultural Psychology: Course Design and Learning Activities, Nagoya, Japan (July, 2016)
- Cognitive Behavior Therapy. Training conducted by Aaron & Judith Beck, Philadelphia, U.S.A. (July, 2011).
- Cognitive Behavior Therapy. Conducted by Michael Townend, BABCP; Accredited CBT Therapist of England. Delhi (Oct, 2010).
- Virtual Reality Therapy. Conducted by the New Delhi-based office of Illumenta Corporation of North Carolina, U.S.A. in NOIDA (March-July, 2009)

- Dialectical Behavior Therapy. Conducted by R.K. Misra, D.Phil., Psychologist/President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Dec, 2006).
- Rorschach Test workshop (Lerner's Object Relations Perspective). Conducted by Swasti-Society for mental health and counselling, Lucknow, India (Dec, 2006).
- Cognitive Behaviour Therapy. Trainer-Ms. Sanjeeta Kundu, Consultant Clinical Psychologist, Max Hospital, New Delhi, India (Aug, 2005).
- Assessment and treatment of anxiety disorders. Conducted by R.K. Misra, D.Phil., Psychologist/President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Nov, 2002).
- Understanding and helping intellectually challenged children. Conducted by R.K. Misra, D.Phil., Psychologist/ President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Nov, 2002).
- Understanding and managing relationships. Conducted by R.K. Misra, D.Phil., Psychologist /President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Nov., 2003).
- Mental health problems therapeutic interventions. Conducted by R.K. Misra, D.Phil., Psychologist/President Mental Health Consulting Services, Inc., Ohio, U.S.A. (Oct., 2004).

Invited as Resource Person/Talks/Workshops/Panel Discussions

- Invited expert for workshop 'Radicalization & Deradicalization in India' as part of Workshop on Internal Security for senior Officers from CRPF, ITBP, Police at the CRPF Academy Gurugram (July, 2023).
- Invited expert for Keynote Lecture on 'Embracing your wellbeing: A conversation with doctoral students' at National Institute of Educational Planning and Administration (NIEPA), New Delhi. (July, 2023).
- Invited expert for the Campus recruitment of CMA graduates for Indian Oil, New Delhi, India. (April,2023).
- Core Working Committee Member of the 27th International and 58th National Conference of Indian Association of Applied Psychology 2023: New Delhi, India. (February, 2023).

- Invited to chair the scientific session on Impulsive responses to Emotion: A Novel Computerized Approach to Treatment by Prof. Sheri Johnson, Professor, Department of Psychology, Berkeley, University of California. 27th International and 58th National Conference of Indian Association of Applied Psychology 2023: New Delhi, India. (February, 2023).
- Invited to chair the scientific session Ethical considerations and dilemmas 27th International and 58th National Conference of Indian Association of Applied Psychology 2023: New Delhi, India. (February, 2023).
- Invited expert for a workshop on ‘Radicalization and Deradicalization’ for senior Officers from CRPF, ITBP, Police at the CRPF Academy Gurugram (February, 2023).
- Invited expert for examining doctoral synopsis on ‘Psychological risk factors in adolescent mental health: Assessment and Intervention’ for Christ University, Delhi-NCR Campus. (February, 2023).
- Invited expert for a workshop on ‘Keeping the Inner Child Alive’ for students of Mata Sundari College, University of Delhi. (November, 2022).
- Invited expert for evaluating field visit for undergraduate course at the Department of Psychology, Jamia Milia Islamia University, New Delhi. (November, 2022)
- Invited speaker -"All of who I am"- Starting Conversations Within the Intersectionality Framework- Annual Festival, Organized by Quilluminati, The English Creative Writing Society of Gargi College (November, 2022).
- Invited expert to chair a global online session for Genpact on ‘Incorporating Wellness Wheel into our Wellness’ (September, 2022)
- Invited expert for recruitment of Officers through GATE 2022, by Indian Oil, New Delhi (September, 2022; October, 2022)
- Invited resource person for a Global Townhall for Genpact on Mental health awareness and creating an empathic culture organised by *Pre2Doc* for Genpact, London, UK (May, 2022)
- Invited resource person for Talk show on child and adolescent mental health *Doordarshan* (Urdu) (May, 2022).
- Invited resource person for a Talk show on career options in psychology by *Doordarshan* (Urdu) (April, 2022).

- Invited resource person for a workshop on emotional intelligence by DAV College, Faridabad (February, 2022).
- Invited resource person for a talk on women empowerment by Iran Cultural House, New Delhi (February, 2022).
- Invited resource person for a talk on Suicide Prevention Babasaheb Bhim Rao Ambedkar College, University of Delhi (September, 2021).
- Invited resource person for workshop on Cognitive Behaviour Therapy by Ramanujan College, University of Delhi (February, 2021).
- Invited expert for recruitment for *Hindustan Urvarak and Rasayan Limited* (Organized by Abscissa HR Consulting, New Delhi- February, 2021).
- Invited resource person for workshop on Cognitive Behaviour Therapy by Association of Rehabilitation Psychologists, India (January,2021).
- Invited expert for Wellness Workshops at Grant Thornton Bharat, India- organized by Pre2Doc Life Inc., New Delhi (November-February, 2020- 2021)
- Invited to Chair the session on Mental Health Access within the Indian Education System, organized by Mental Health Foundation India, in association with All India Institute of medical Sciences, New Delhi (October, 2020)
- Invited expert for recruitment at NTPC Limited, India (August,2020)
- Invited resource person for Faculty Development Program (*Cognitive Behavioural Interventions for Self Help* at Teaching Learning Centre Ramanujan College, University of Delhi (Sept.2020)
- Invited resource person for Workshop on *Adapting to the New Normal: Fostering Resilience in Virtual Campuses*. Christ (Deemed to be University) Noida, India (July, 2020)
- Invited lecture on *Happiness & Creativity* (ELA Foundation, Lucknow, India (June,2020)
- Invited Expert for primetime show on *Adolescent mental health during COVID 19* for Loksabha TV 22/07/2020
- Invited resource person for Workshop on *Meta-Analysis Method*. Organized by *Swasti Institute for Learning & Development Pvt. Ltd.*, Pune, India (July, 2020)
- Invited to Chair the sessions at National Conference on Understanding Psychology and its Practice: Eastern & Western Perspectives Organized by Tibet House: Cultural Centre of His Holiness the Dalai Lama, New Delhi (February, 2020)

- Workshop on *Dealing with Trauma and the process of healing*, Organized by Centre for Political Studies, Jawahar Lal Nehru University, New Delhi, India (February,2020)
- Workshop on *Stress Management. Organized by Navdrishti, B.A .Program Association, Gargi College, University of Delhi (2019)*
- Invited to Chair scientific paper presentation sessions at National Seminar on *Psychology of National Integration*. Organized by Shyama Prasad Mukherjee College, Delhi University. (July,2019).
- Invited to Chair scientific paper presentation sessions at International Conference on *Integrating Traditional Indian Healing Practices with Contemporary Western Health System*. Organized by Daulat Ram College, Delhi University. (Janauary,2019).
- Workshop on *I was, I am, & I will be: Cultivating resilience and personal growth!* Organized by Daulat Ram College, New Delhi. (May, 2018).
- Invited expert for Pre-Departure Orientation Session for (2016-2017) Fulbright grantees organized by United States India Education Foundation (USIEF), New Delhi, India, 2016.
- Invited panellist for *Life on a US Campus* at the Pre-Departure Orientation Session for (2016-2017)
- Fulbright grantees organized by United States India Education Foundation (USIEF), New Delhi, India, 2016.
- Member of Selection Committee for United States India Education Foundation (USIEF) Alumni Awards Competition (2014-2015), New Delhi, India, 2015.
- Several workshops for University of Delhi students on *Verbal and Nonverbal Communication, emotions and motivation* (between 2010-2014)
- Discussant for panel on *Work Ethics* at National Conference, on *Career Development: Preparing for the Road Ahead* (May, 2012)
- Workshop on: *Positive attitude and motivation for adolescents*. Organized by ICDA at Jesus and Mary College, New Delhi (May, 2011)
- Workshop on Effective communication skills for school teachers. Modern School Dwarka, New Delhi, India (June, 2009)
- Workshop and evaluation of *Social anxiety and stage fright* at JCB, Faridabad organized by Illumenta India Pvt. Ltd (June, 2008)

- Workshop and evaluation of *Social anxiety and stage fright* at Power Grid Corporation, Gurgaon organized by Illumenta India Pvt.Ltd (June, 2008)
- Workshop and evaluation of *Social anxiety, inhibition and stage fright* at IFFCO, Gurgaon organized by Illumenta India Pvt. Ltd (June, 2008)
- Workshop and evaluation of *Social anxiety and stage fright* at JCB, Faridabad organized by Illumenta India Pvt. Ltd (June, 2008)
- Workshop and evaluation of *Social anxiety and stage fright* at Maruti India Pvt. Ltd., Manesar, Haryana organized by Illumenta India Pvt. Ltd (June, 2008)
- Workshop on *Gender Sensitization* at *Judges Training and Research Institute*, Gomti Nagar, Lucknow (November, 2007)
- Workshop on *Managing stress, anxiety and emotions* at *Judges Training and Research Institute*, Gomti Nagar, Lucknow (September, 2006)

College and Community Services

- Course Co-ordinator (July, 2023-present) Certificate Course on Fostering Mental Health and Wellbeing (A seminal initiative for community members to enhance their mental health and wellbeing)
- Website Committee Convener (July, 2023-present) (The College Website Committee manages and updates the websites from time to time including latest information, updates, events, useful links etc.)
- Gargi Centre for Wellbeing Core Committee Member (June, 2023- present) The Wellbeing Centre translates Gargi's vision for holistic health and development into practice by implementing small initiatives to foster the wellbeing of all community members.
- Prospectus & Annual Report Committee Convener (June 2023- present)
- IRIS -Photography Society Member (June 2023- present)
- National Service Scheme (N.S.S.) Program Officer- July 2019-July 2021 (N.S.S. deals with community service and inculcating a sense of social responsibility and commitment towards community building in college going youths).
- Member Website Committee 2018-June, 2023 (The College Website Committee manages and updates the websites from time to time including latest information, updates, events, useful links etc.)

- Psychology Association In-charge, 2019-2020 (Psychology Association is a student run organization that is responsible for bridging the gap between theoretical and applied psychology by arranging seminars, talks, discussions, debates, and publishing regular newsletters).
- National Service Scheme, (N.S.S) Editor.2018-2019 (N.S.S. deals with community service and inculcating a sense of social responsibility in youths).
- National Cadet Corps, (N.C.C.) Officer-2011-July, 2013 (N.C.C. National Cadet Corps is a ‘Tri-Services Organization’ comprising the Army, Navy and Air Force, engaged in grooming the youth – ‘The Leaders of Tomorrow’ – into disciplined and patriotic citizens).
- National Service Scheme, (N.S.S) N.G.O. Coordinator. 2011-2013 (N.S.S. deals with community service and inculcating a sense of social responsibility in youths).
- Psychology Association, ‘Nafsiyaat’s’ Convener. 2011-2012 & 2011 -2013 (Nafsiyaat our departmental Psychology Association is responsible for bridging the gap between theoretical and applied psychology by arranging seminars, talks, discussions, debates, movie screenings and publishing newsletter).

Teaching Experience (Courses)

- 2023-2024- Psychology of Positive Living, Biopsychology, Youth Psychology, Counselling Psychology (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2022-2023- Life Span Development, Counselling Psychology, Understanding Psychological Disorders (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2020-2022- Life Span Development, Counselling Psychology, Understanding Psychological Disorders & Peace Psychology (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2020- PhD course work classes at Department of Psychology, University of Delhi, New Delhi (Evidence Based Practices in Mental health & Assessment; Narrative Analysis)

- 2017-2019- Clinical Psychology, Life Span Development, Understanding Psychological Distress and Wellbeing (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2014-2017- Clinical Psychology, Counselling Psychology, Development of Psychological Thought (Undergraduate Applied Psychology Honours, Department of Psychology, Gargi College, University of Delhi, India)
- 2011-2013- Counselling Psychology, Psychological Distress and Wellbeing, Industrial and Organizational Psychology (Undergraduate Applied Psychology Honours and Pass Course, Department of Psychology, Gargi College, University of Delhi, India)
- 2010-2011- Systems and Theories in Psychology (Undergraduate Psychology Honours Course, Department of Psychology, Jesus and Mary College, University of Delhi, India)
- 2009-2010- Psychological Distress and Wellbeing, Systems of Psychology, Industrial and Organizational Psychology (Undergraduate Applied Psychology Honours and Pass Course, Department of Psychology, Gargi College, University of Delhi, India)
- 2009-2010- Systems and Theories in Psychology (Undergraduate Psychology Honours Course, Department of Psychology, Kamla Nehru College, University of Delhi, India).
- 2006-2008- Social Psychology and Practicum (Psychology Honours and Pass course, Department of Psychology, Lucknow University, U.P., India).
- 2005-2006- Abnormal Psychology and Forensic Psychology (P.G.D.F.P, Department of Anthropology, Lucknow University, U.P., India).
- 2005-2006 Counselling and Guidance (Sem. VI, MBA, Institute of Management Studies, Lucknow University, U.P., India).

PhD Supervision/Advisor (2020- present)

Research scholar-Ms. Soni Jaiswal

Research area- Efficacy of Acceptance and Commitment Therapy based intervention for body dissatisfaction in youths

Research scholar Ms. Kriti Madhok

Research Area- Non-Suicidal Self Injury: Unfolding the stories within: A tri-dimensional narrative analysis

Research scholar Ms. Nida Eman

Research Area-Exploring apostasy, identity and social support in youth

Research scholar Ms. Saswati Bhattacharya (Advisor)

Research Area- Exploring successful ageing