

Siddharth Menon

Clinical Psychologist

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PROFESSIONAL SUMMARY

RCI-registered clinical psychologist with an M.Phil in Clinical Psychology and seven years of practice in hospital psychiatry and private settings. Provides diagnostic assessment and evidence-based therapy for anxiety, depression, OCD and trauma. Supervises trainees and contributes to multidisciplinary case reviews. Seeking a senior clinical role in a hospital mental health department.

SKILLS

Diagnostic assessment · CBT · Exposure and response prevention · Trauma-focused therapy · Neuropsychological testing · Case formulation · Clinical supervision · Multidisciplinary liaison

EXPERIENCE

Clinical Psychologist — psychiatry department of a 500-bed multi-speciality hospital, Bengaluru
5 years · current

- Carry a weekly caseload of about twenty-five adult outpatients, offering structured CBT and exposure-based therapy for anxiety and OCD.
- Complete diagnostic and personality assessments for psychiatry referrals, writing reports within three working days.
- Run neuropsychological screening for neurology patients with suspected memory decline, guiding decisions on further evaluation.
- Supervise two M.Phil trainees each term, reviewing recorded sessions and case formulations in weekly meetings.

Psychologist — community mental health NGO, Mysuru
2 years

- Provided short-term counselling to adolescents and women referred by partner schools and self-help groups.
- Trained community health workers to recognise signs of depression and make timely referrals to the district clinic.
- Designed a grief support group for families after a local flood, running eight weekly sessions in Kannada.
- Documented outcomes on brief wellbeing scales and shared quarterly summaries with the NGO's programme funders.

EDUCATION

M.Phil Clinical Psychology — national mental health institute, Bengaluru
Two-year RCI-recognised programme with supervised clinical hours

M.Sc Psychology — state university, Thiruvananthapuram

CERTIFICATIONS AND REGISTRATIONS

- Licensed Clinical Psychologist, Rehabilitation Council of India (RCI)
- Trauma-focused CBT training
- Workshop on Acceptance and Commitment Therapy

PROJECTS

- Inpatient relapse prevention module — built a four-session group programme now used for patients before discharge from the psychiatry ward

LANGUAGES

English · Malayalam · Kannada · Hindi