



DR. SANJINA BOSE

Consultant - Clinical Psychologist (RCI)

Qualification

M.PHIL. Clinical Psychology (RCI) | M.A. Applied Psychology (TISS)

Overview

Dr. Sanjina Bose is a Clinical Psychologist and has completed an MPhil Clinical Psychology from institute approved by the Rehabilitation Council of India. She has training and experience working in a variety of settings, including inpatient and outpatient psychiatry and medical settings. She is trained in conducting Psychological assessments like personality assessments, intelligence assessments, neuropsychological assessments, projective tests etc. She is skilled in providing evidence-based treatments, such as cognitive-behavioural therapy (CBT), dialectical behaviour therapy (DBT), and mindfulness-based interventions. She is also trained in providing assessment and diagnosis of mental health disorders and is also involved in consultation-liaison (CL), providing mental health care to medical patients in inpatient and outpatient settings. She aims to apply my skills and knowledge in conducting assessments, diagnosing, providing counselling and psychotherapy to support people who are diagnosed with mental illness, and going through emotional, intra-and inter-personal, and psychological struggles. Her primary therapy approach includes cognitive and third-wave psychotherapies along with utilising the eclectic approach to tailor therapies as per the socio-cultural background of the client. She is committed to providing high-quality care to my patients and she is the Best Psychologist in Gurgaon.

Field of Expertise

- Clinical Psychology
- Psychodiagnostic Assessments
- Psychotherapy and Counseling

Languages Spoken

- Bengali
- Hindi
- English