

Curriculum Vitae

DEBASMITA NAG

Career Objective:

- To become a chartered psychologist and help individuals to live a fulfilled life.

Educational Qualifications:

- **M.Sc. Clinical Child Psychology** from **Anglia Ruskin University**, Cambridge, United Kingdom with a **Merit (62.17%)** (2023-2024)
- **M.Sc. in Psychology** from Christ Academy Institute for Advanced studies, **Bangalore University, India** with a **First Class Exemplary (83.2%)** (2020-2022)
- **B.Sc. (Hons.) in Applied Psychology** from **Neotia University** (Kolkata) with a **First Class Honours (73.2%)** (2017-2020)
- IELTS Score: **6.5**

I am a graduate member of the British Psychological Society (GMBPsS) and have a Graduate Basis for Chartered Membership (GBC).

Membership Number: 732027

Computer Course and Skills:

- Two years diploma course in computer application from WEBEL (Government of West Bengal undertaking) during the period of 2016 to 2018.
- **Microsoft Office Suite:** Proficient in all Microsoft Office applications including Word, Excel, PowerPoint, Outlook, and Access.
- **SPSS:** Experienced in statistical analysis and data management using SPSS (Statistical Package for the Social Sciences).
- **Jamovi:** Proficient in using Jamovi for statistical analysis and data visualization, providing insights for research and decision-making processes.
- Expertise in using Google forms, Qualtrics for data collection in research.

Work Experience:

- As a self-employed Psychological Counsellor and trained ADOS and ADI-R Practitioner (Private Therapy Clinic – August 2025 – Present), I conduct comprehensive assessments for children with suspected autism and participate in multidisciplinary team meetings with registered psychologists or psychiatrists to contribute to diagnostic decisions. I prepare detailed clinical reports and share them with parents or carers, using clear and accessible language to ensure they fully understand the outcomes and can take the next steps for their child's care. In addition to assessments, I provide therapeutic sessions under supervision

for both children and adults, focusing on areas such as autism, ADHD, self-esteem issues, and depression. This role allows me to combine clinical expertise with empathetic communication, supporting individuals and families in navigating challenges and accessing appropriate support.

- In my role as a Teaching Assistant in Walton Hall Academy, Shaw Foundation Trust (September 2025 – Present), I support children and young people with a wide range of needs, including autism, ADHD, cerebral palsy, epilepsy, and behavioural challenges. I am trained to respond effectively in medical emergencies, such as administering an EpiPen for allergic reactions and assisting children during epileptic episodes. My responsibilities include developing and implementing care plans, adapting lessons to meet sensory and communication needs, and using Makaton to engage with non-verbal pupils. I organise and support a variety of classroom and extracurricular activities in line with safeguarding regulations, ensuring every child can participate fully. In addition, I provide one-to-one support, help manage behaviour positively, and work closely with teachers and staff on both classroom and administrative tasks. This role strengthens my ability to create an inclusive, safe, and supportive learning environment where every child can thrive.
- As an SEN Specialist in Sprint Education (Jan 2025-August 2025), my role involved providing one-on-one support to an 8-year-old child with autism. My focus was on enhancing his cognitive abilities, creating care plans, and structuring his daily schedule to balance academics with sensory activities. I worked on teaching him core subjects to help him catch up with his peers while also reinforcing foundational skills and offering comprehensive support in all aspects of his development. Additionally, I monitored his weekly progress, ensuring that targets were met, and paid special attention to his food habits, speech, and language development in an educational setting, as he had been homeschooled for a long time. I am incredibly happy and proud that, within just eight weeks, I was able to provide the necessary care and support that helped him transition from being non-verbal and shy in the first week to actively engaging in activities and initiating conversations with his peers. Beyond my one-on-one work, I also support other SEN children in the classroom as needed.
- In my role as an Assistant Psychologist and ADOS Practitioner (Oct 2024-Jan 2025) with the Private Therapy Clinic, I work closely with children aged 4 to 19 to assess for autism spectrum disorders. My responsibilities include conducting face-to-face ADOS assessments in a clinical setting and participating in multidisciplinary meetings with the ADIR practitioner, clinical lead, psychiatrist, or registered counseling psychologist to collaboratively discuss each case and determine a diagnosis. I regularly communicate with parents, write detailed clinical reports, and ensure timely submission to meet project deadlines. As part of a short-term contract focused on an NHS-backed project, I contribute to the assessment of referred children, having seen 44 clients in the past six weeks. Additionally, I attend weekly clinical supervision to maintain and enhance the quality of care provided.
- SEN Teaching Assistant in ABC Teachers (July 2024- October 2024): In my roles across various special needs schools, I have provided dedicated 1:1 support to children with difficult and complex needs. My responsibilities have included engaging these children in diverse educational and recreational activities to promote their development and well-

being. I have effectively communicated with non-verbal children using Makaton signs, creating an inclusive and supportive environment. Additionally, I have delivered personal care with sensitivity and respect, ensuring the dignity and comfort of each child. I have actively participated in the development and implementation of comprehensive care plans by collaborating closely with a multidisciplinary team. During the summer, I work as a Special Educational Needs (SEN) specialist at holiday clubs, providing 1:1 support to children with autism and ADHD. In this capacity, I engage them in therapeutic activities, such as art therapy, to enhance their social and emotional skills. My experience across these settings has equipped me with a profound understanding of the unique needs of children with special needs and the importance of patience, empathy, and innovative communication techniques.

- SEN Teaching Assistant in Castle School Cambridge through REED Education. (Feb 2023 – May 2024) undertaking the work of supporting children with developmental disorders, following a schedule for each day in the class, helping children to do all the tasks provided, engaging them with different activities, helping to improve their motor, sensory and cognitive abilities, conducting sensory circuit sessions every morning, intimate/personal care, communicating with them with the help of makaton signs, providing support during swimming, forest school, community outing, etc. 1:1 session with children with high risk. Observing and keeping track of every child's actions and noting it down. I have mostly worked with children with autism, Down syndrome, ADHD, anxiety in this school.
- SEND Teaching Assistant in Gretton School Cambridge through REED Education. (May 2023 -July 2023) Includes support to children with autism, helping them with tasks, 1:1 with children having high risks.
- Playworker in Cambridge Kids Club (August 2023 – May 2024) includes 1:1 support to children with autism, ADHD and other developmental disorders, playing with children and engaging them in different activities and games. Setting up PlayStations and interacting with them.
- Clinical Psychology Intern at Kembegowda Institute for Medical Sciences (KIMS) Hospital & Research Centre during June - July 2022 in the Department of Psychiatry undertaking the work of taking case histories of Client's suffering from mental illnesses and OPD patients. Discussed the case histories with the on-site supervisor and conducted the necessary psychological assessments and therapies like TAT, CAT, DAP, BGT, etc., writing clinical reports and explaining it to the patients. Most cases which I had dealt with were children with autism, learning disabilities, intellectual disability, ADHD and adult cases like depression.
- Conducted a Life Skill workshop for grade VIII students of Christ Academy CBSE School during August 2021 as a part of my M.Sc. curriculum.
- Intern at CINI (Child in need institute) under Child protection Resource Centre where my roles were childcare, protection, rescue and case formulation.
- Psychology intern at Apollo Hospitals under Dr. A. Bhattacharya involving the clinical, academic and multidisciplinary aspects of treatment and pediatric care of individuals diagnosed with mental health disorders. (Jan 2020- Feb 2020)

- Psychology intern at Sri Aurobindo Seva Kendra (An EEDF Medicare Centre), Kolkata under a Sr. Psychology Consultant, Mrs. Geetika Chatterjee during July – August 2018. involving the clinical practice and counseling sessions of individuals diagnosed with mental health disorders

Researches:

- My Dissertation work titled “Mental Health Literacy” was a part of my course in Bsc Applied Psychology
- My Dissertation work, titled "Family impact and perceived stress: a comparison between mothers and fathers having children with autism spectrum disorders in a clinical setup ", is a record of original work undertaken by me for the award of the degree of **Master of Science in Psychology**, under the guidance of Dr. Bhargav S, Department of Psychology.
- I worked on an experimental study which is “Improving Wellbeing through Writing” was a part of my dissertation in Masters in ARU Cambridge.

Publications:

1. **D Nag, R Sinha & S Sengupta (2020).**A study on emotional regulation of an individual during COVID-19 lockdown period. International Journal of Indian Psychology, 8(3), 184-189. DIP:18.01.024/20200803, DOI:10.25215/0803.024 “A study of emotional regulation of an individual during covid 19 lockdown period” in the International Journal of Indian Psychology.

Here’s the link: <https://ijip.in/articles/a-study-on-emotional-regulation-of-an-individual-during-covid-19-lockdown-period/>

2. **Nag, D., Allwyn, P. & Paul, S.C. (2024).** Levels of Self-Efficacy and Life Satisfaction among International Students in the UK. International Journal of Indian Psychology, 12(4), 554-576. DIP:18.01.051.20241204, DOI:10.25215/1204.051

Trainings:

1. I am a registered **First Aider**. (FAIB/L3PFA) I have received the Level 3 Award in Paediatric First Aid, in accordance with the Resuscitation Council (UK) and Health and Safety (First Aid) Regulations 1981 on 3rd Feb 2024 approved by the First Aid Industry Body (Federation Of First Aid Training Organizations)
2. Evidence-Based Therapy Course for 1 year by the Private Therapy Clinic (October 2024-Present)

3. ADOS (Autism Diagnostic Observation Schedule) Training for 3 days by the Private Therapy Clinic (October 2024)
4. ADI -R (Autism Diagnostic Interview-Revised)Training by the Private Therapy Clinic (August 2025)
5. Other short Courses: (CPD Certified)
 - Mental Health Awareness (Level 2)
 - Autism Awareness (Level 2)
 - Female genital mutilation course (Level 2)
 - Anaphylaxis and Asthma (Level 2)
 - Introduction to Playwork Training
 - Safeguarding level 1 and level 2
 - Food hygiene (Level 2)
 - Prevention of radicalization course (Level 2)

Accolades:

- Awarded **International Merit Scholarship** (2022) from **Anglia Ruskin University**, Cambridge.

Workshop/Seminar attended:

- Attended a 3 day workshop/seminar on “Ethics and Value Education” organised by Bethune College in the session 2016-17.
- Attended a 2 day workshop on “Neuro Linguistic Programming” organized by CPEPA and Calcutta University during 2018.
- Attended a webinar on Psychological challenges during covid-19 organized by Rotaract Club, Bangalore.
- Did a workshop on Cognitive behaviour therapy organized by Christ University, Bangalore.
- Attended a workshop on Music Therapy organized by YD academy, Kolkata.

Extra-Curricular Activities:

- Won the first prize of Musical heights at the Edelweiss Festival (The sound of music) organized by Ashok Hall Group of Schools and the Austrian Embassy, New Delhi during the year 2015.
- Participated in the Inter-Collegiate Oriental Music Competition in the Calcutta University Institute and took place in the 13th position out of 65 participants (Rabindra Sangeet) during the year 2017.
- Competed in School Chess Competition. Got a special prize in City Chess Forum with 3.5 out of 6 points during the year 2008.
- Played Guitar and sang for various school and college fests.

- Trained in Indian classical vocal music and have passed the exams for 4 years with a first class distinction.

Socio-Cultural Activities:

- Participated and represented Ashok hall group of schools in ID Parade, Red Road during the year 2015.
- Participated in the 4th Foundation Day Cultural Program of The Neotia University during the year 2018.

Interests and Hobbies:

- Singing, playing guitar and creating non-commercial music.

Languages Fluent in:

- English
- Bengali
- Hindi