

## The Practice of Doing Psychology.

Recourse Person: Dr. Cindy Dominique, Psy.d. held on 9 April 2021 conducted by Psychology Association and IQAC (Convener Dr. Harinder M. Sandhu, Co-convener: Dr. Garima Kumar)

Dr. Cindy Dominique, is a mental health professional having her Clinical practice life Change Psychological Services, a psychiatric assessment and intervention clinic in Columbia, Maryland, USA. She has prior teaching experience at the Chicago School of Professional Psychology The session was attended by not only by our college students and faculty members but also others from colleges across Delhi and those who connected on YouTube, across diverse locations.

Dr. Dominique spoke on ‘ The Practice of Psychology’ and primarily focused on sharing her experiences of working in a diverse multicultural contexts including on Federal prisons and law enforcement, her private Practice in Maryland,, Mental Health Hospitals and Clinics . During her session she shared numerous examples and lived experiences of her clients in therapy , without divulging identities of clients she highlighted the relevance of several skills necessary for counseling practice. Skills emphasized were Situational Awareness, contextual sensitivity, learning to build connection with clients from diverse cultures, subcultures, ideologies, race and belief systems. She touched upon a number of concerns while responding to questions raised by students and faculty, with regard to process aspects of counselling practice including working with client resistance, maintaining a fine balance between disciplined subjectivity in practice while retaining an objective stance of the problem at hand, dealing with transference issues, opportunities for researching in the US, ways of making a client receptive to help among others. She underscored the need for continuous practice, understanding oneself as a therapist by way of engaging in self analysis in therapy, humour even while dealing with the most complex client concerns as some possible ways of strengthening the therapist-client relationship, thereby facilitating resolution of problems. The students and faculty were enthused and enriched by her vast experience as a therapist in diverse settings and a multicultural environment. Her astute people skills, lucid style of interaction and her deep understanding of human nature were aspects that made the interaction invaluable.