Chetna Luthra

Gurgaon, Haryana silentprayer.chetna@gmail.com - 9810469366

Qualified Clinical Psychologist with training in conducting psychological assessments, developing management and treatment plans, conducting individual and group psychotherapy sessions, well developed communication skills and leadership qualities along with interpersonal skills. Ability to work as a part of team and has a good understanding of the subject with vast exposure to areas of psychology. Hard worker with a "can do attitude".

**WORK EXPERIENCE**

**Private Practice**

May 22’- Present

* Conducting therapy and counselling sessions for clients
* Assessments and evaluations for clients
* Ranging from relationship counseling to clinical and non-clinical concerns
* Specializing in stress management, burnout, abuse recovery and relationship
* Over 1000 hours of experience
* Referrals from corporate set ups such as workplace options and PLUMM – HR AND EAP SOLUTIONS and catering to corporate clients both in India and UK.

**Habit Coach and Clinical Psychologist**

Gabit -June’23- Present

* Building the Habit coach vertical for the health and fitness Tech startup
* Conducting Habit Coach sessions for clients who enroll for nutrition and fitness plans.
* Tailor made interventions to help people with health behaviors.
* Preparing Training modules for habit coaching
* Building the mental health vertical
* Conducting therapy sessions for clients
* Habit coaching session for corporate employees
* Mindfulness sessions for corporate employees

**Clinical Psychologist**

Lissun – Nov’22 – May’23

* Conducting psychotherapy sessions for corporate clients such as UBER
* Conducting psychological assessments
* Conducting psychotherapy sessions for IVF, Nephrology and fitness app clients
* Weekly supervision by a senior clinical psychologist
* Conducting psychotherapy sessions In different hospitals and clinics

**Workshop Facilitator and teacher**

All About Psychology – Sep’22 – Present (Part – time)

* Conducting workshops on different clinical psychology topics
* Currently running a clinical disorders workshop
* Ran a workshop on clinical skills with an extremely positive feedback
* Conducted a workshop on mental status examination with a positive feedback
* Conducted workshop with over 500 students on clinical psychology
* Conducted workshop on academic and interpersonal skills at **Banaras Hindu University** , Varanasi in December 2022

**Consultant Clinical Psychologist- Full time**

Khushboo Welfare society – NGO for children with special needs

July2022- June -2023

* Conduct psychological assessment of children
* Psychological Intervention for children with special needs.
* Counseling for parents of children with special needs
* Providing support for the staff and special educators

**Clinical Psychologist**

Tatsam Collective App– Feb 2022 – Oct 2022

- Got selected for an exclusive 2 months psychologist training and mentorship program to train under some of the best psychologists and therapist.

**-** Based on the performance, got promoted and started therapy sessions a month early to cater to college students.

**-** Based on the performance evaluation, a permanent position as a therapist with the Tatsam app.

**-** Provide psychotherapy and counseling to the clients, including diagnosis and assessment when required.

**-**Had maximum client conversions for psychotherapy.

**-** Attended Weekly supervision sessions

**Clinical Psychologist**

 Mindtribe – Jan 2022-Feb 2022

* Providing virtual therapy and counseling sessions to the clients.
* Conducting and attending workshops on various topics to facilitate learning
* Intensive case discussion to plan therapeutic interventions with the team.
* Conducting assessments for diagnosis of various mental health disorders.
* Report writing of the clients attended to.

**Psychologist**

City Surgical and Maternity Centre - April 2018- May 2019

* Counseling of clients with various psychosocial issues
* Psychoeducation of clients and family in case of diagnosis of a mental health illness
* Lifestyle modifications for clients
* Worked under a physician to assist with counseling of clients

# Intern –

# Medanta- The Medicity -May 2016- October 2016

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# Worked in the neuroscience department under a clinical neuropsychologist.

# Direct interaction with patients in the In-person and Outpatient department.

# History taking and conducting mental status examination

# Conducting psychological assessments using various psychological tests for the diagnosis of various disorders like ADHD, Dementia, stroke, depression, anxiety.

# Planning therapeutic interventions.

# Providing psychoeducation to the patient and the family.

# Report writing related to the cases seen at the hospital.

# Intern

Artemis Health Institute - October 2015 to April 2016

Worked under the HOD holistic medicine and psychology along with marriage counselor and clinical psychologists.

* Direct interaction with patients in IPD and OPD.
* Providing psychological support to oncology, cardiac, delivery and other patients.
* History taking of patients in the OPD and carrying out assessments.

# Intern

Mind and Wellness clinic by Dr. Rachna Khanna Singh - Gurgaon, Haryana - October 2015 to April 2016

Conducting psychological evaluations for patients.

* Psychological evaluation of candidates for the post of drivers in Rapid Metro, Gurgaon
* Extensive counseling relate work for tv shows like MTV love school.
* Direct interaction with clients on skype, phone and in person.
* Organizing and managing clinic related events and NGO.

# Intern

Fortis Memorial Research Institute - January 2014 to November 2014

Worked with a team of Psychiatrists, Clinical Psychologists, Counselors, Occupational Therapists and Special Educators.

* Learnt different Projective and Non-projective techniques.
* Gained knowledge of various attitude tests, Personality tests and Intelligence tests.
* Viewed consults with psychiatrists and sessions with clinical psychologists.
* Direct interactions with patients to take case history and carry out psychological assessments.
* Intensive work in the in-patient department

**Intern**

Chetna Neuro Psychiatric Center - January 2012 to February 2012

Jan 2012 - Feb 2012

* Worked under the supervision of qualified psychiatrist and psychologist as a intern
* Learned about mental disorders like schizophrenia, OCD and major depressive disorders
* Prepared detailed reports on diagnosis, symptoms and possible treatment outcomes

# Intern

Spastic Society - Gurgaon, Haryana - February 2010 to February 2011 Volunteered in the Counseled the parents about their children's disabilities and their possible solutions.

* Created awareness about the disabilities through counseling sessions, drama and other forms.

**EDUCATION**

**Postgraduate diploma in Nutrition Psychiatry**

8.5 CGPA

IGMPI, New Delhi

**Certificate course spiritual competency training in Mental Health**

EDX- Online

University of Maryland, USA

**Certificate course in performance and motivation – micromasters in I/O PSYCHOLOGY**

**Edx- pursuing currently**

**M.Phil Clinical Psychology**

**(With Distinction) ( RCI License – A74886)**

Amity University, Manesar,

Haryana

2019 - 2021

**M.A in Clinical Psychology (With distinction)**

Indira Gandhi National Open University

2016 - July 2018

**Post Graduate Diploma In Human Cognitive Neuropsychology**

University of Edinburgh - Edinburgh 2012 - 2013

# Bachelor of Arts (Hons.)In Applied Psychology

University of Delhi - Delhi, Delhi 2009 to 2012

**AWARDS**

# Gold medalist in Applied Psychology

 July 2012

 Topped University Of Delhi in B.A(Hons) Applied Psychology

**Silber Medalist M.Phil. Clinical Psychology**

**Skills**

Conducting Psychological Assessments for both children and adults.

Devising management plan for patients.

Management of psychological aspects of medical problems like CVD, Hypertension, Pain management, Obesity etc.

Strong communication skills

Knowledge of various areas of psychology

Problem solving

Empathy and strong attention to details

Psychological theories and practices

Public skills

Research skills