

Prerna Arora

CLINICAL PSYCHOLOGIST

✉ prernaarora19.pa@gmail.com

☎ +919310213349

📍 Delhi, India

in <http://linkedin.com/in/prerna-a-094b91217>

SUMMARY

A clinical psychologist, with a deep well of compassion for those struggling with mental health issues. Integrating the 2 years of my experience as a clinical psychology trainee with esteemed professionals, the aim is to put the best foot forward in treating a wide range of clinical disorders including anxiety disorders, OCD, mood disorders, substance dependence, childhood disorders and personality disorders based on the evidence based practices. As a therapist, the aim is to provide individualistic and tailored interventions by building a strong therapeutic alliance in order to alleviate client's suffering and to promote well-being.

WORK EXPERIENCE

Consultant Clinical Psychologist
Perfect Mind Clinic

July 2024 - Present

M.PHIL CLINICAL PSYCHOLOGY POSTINGS

Perfect Mind Clinic

March 2024 - July 2024

- Detailed case assessments and psychotherapy for various psychopathologies like personality disorders, obsessive-compulsive disorder, anxiety and mood disorders.
- Primarily utilized dialectical behavior therapy along with elements of cognitive behavioral therapy behavioral and relaxation exercises.

Air force Central Medical Establishment

Sep 2023 - Feb 2024

- Conducting individual therapy sessions using behaviour therapy, exposure and response prevention, cognitive behavior therapy and supportive therapy.

Disha Neuropsychiatry Centre

Jun 2023 - Aug 2023

- Detailed history taking for psychiatric disorders including schizophrenia, personality disorders, OCD etc. along with psychoeducation for families and patients.
- Psychometric assessments for diagnostic clarification, symptom severity and to understand personality traits.

Perfect Mind Clinic

March 2023 - May 2023

- Detailed case intakes for diagnostic clarification
- Projective tests like Rorschach Inkblot test, Thematic Apperception Test, etc.

Army Hospital Research and Referral (AHRR)

Dec 2022 - Feb 2023

- Conducted psychological assessments on pediatric population for intellectual disability, specifically for disability (BKT, VSMS, DST, etc.), Autism spectrum disorder, ADHD etc.
- Detailed case history along with psychoeducation for the family

Happy Tree De-addiction and Mental Health Hospital

Sep 2022 - Nov 2022

- Detailed case intakes and psychological assessments for IPD as well as OPD patients diagnosed with substance dependence, depression, OCD etc.
- Psychoeducated the families and provided psychotherapy sessions using motivational enhancement therapy, narrative therapy etc.

INTERNSHIPS

- Mental Health Foundation India (July 2021 - Aug 2021)
- Moolchand Medcity (Apr 2021 - May 2021)
- Shridhar Life School (Oct 2020 - Nov 2020)
- Dr. Naina Dave, Clinical Psychologist (Jan 2020 - Feb 2020)

VOLUNTEER WORK

- Confluence, Walk for Mental Health-2022
- We You-Trust-2021

RESEARCH WORK

“Mediational role of Self-disgust and Self-compassion in the relationship between Mental Contamination and Experiential Avoidance in Patients with Obsessive Compulsive Disorder”
2023 - 2024

- Paper presentation at National Annual Conference of Indian Association of Clinical Psychologists, 2024
- Dissertation project in M.Phil. Clinical Psychology, 2023-24

“Psychological well-being and level of stress in Working and Non-working women”
Masters Dissertation”
2021 - 2022

- Dissertation Project in M.A Psychology

SKILLS

- Taking detailed case history
- Mental status examination
- Psychometric assessments
- Psychotherapy & Counselling

EDUCATION

M.Phil. Clinical Psychology
Amity University, Noida
2022 – 2024
CGPA- 7.36

12th (CBSE)
SRDAV Public School
2015 – 2016
81.7%

M.A Psychology
Amity University, Noida
2020 – 2022
CGPA- 8.27

10th (CBSE)
SRDAV Public School
2013 – 2014
CGPA- 10

Bachelors in Elementary Education
University of Delhi
2016 – 2020
71.63%

CERTIFICATION

Counselling and Psychotherapy- 2020
SPM College, University of Delhi

Inclusive Education for Children with disabilities-2017
IHE, University Of Delhi