

RESUME

Pragya Singh

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New Delhi 110096

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CAREER OBJECTIVES

To accept the challenging job and exchanged my skills with my determination and hard work in our organization.

KEY SKILLS

Mental Health Counseling
Parent Training & counseling
Play Therapy
Self-Management Skills
ABA Therapy

Psychological Assessments
Psychotherapy and counseling
Career Counseling
Remedial Education
Occupational Therapy

EXPERIENCE AS A TRAINEE

Vohra Neuro Psychiatrist Centre Pvt. Ltd., and No Worry No Tension Healthcare Pvt. Ltd., Patel Nagar, New Delhi

Designation: Consultant Psychologist & Counseling Psychologist

Period : March 2024 to still working.

Role: Collaborated with psychiatrist Dr. Sandeep Vohra to provide multidisciplinary care in OPD settings, ensuring comprehensive mental health treatment. Independently managed therapy sessions by integrating pharmacotherapy and psychotherapy. Conducted detailed case histories, Mental State Examinations (MSE), and Mini Mental State Examinations (MMSE) to assess patient conditions. Delivered psycho education to clients and their families, enhancing their understanding of mental health conditions and fostering adherence to treatment plans. Applied Cognitive Behavioral Therapy (CBT) techniques and counseling skills in both in-person and hybrid therapy sessions tailored to client needs.

Work Experience: Successfully balanced responsibilities across two organizations, showcasing multitasking and organizational skills while delivering remote therapy via structured platforms. Administered psychological tests, including IQ tests, projective tests, personality assessments, and addiction scales, with the supervision of a psychiatrist. Participated in diagnostic workups, provided therapeutic interventions for adults and children, and ensured accurate clinical support through structured assessments and therapeutic applications. Gained experience working with individuals across all age groups, addressing a wide range of disorders and disabilities.

CUBBE clinics (CDC), Mohan Nagar, Ghaziabad

Designation: Assistant Psychologist

Period : November 2022 to February 2024.

Role: Conducted clinical and administrative tasks in collaboration with consultant psychologists, including taking detailed case histories, performing Mental State Examinations (MSE), and administering or observing psychological tests such as projective tests, IQ tests, personality assessments, and neurological evaluations with supervision. Prepared reports, presentations, therapy materials, and worksheets. Applied foundational psychotherapeutic and counseling skills during therapy sessions, delivered psych education to clients and families, and provided stress management strategies. Learned and utilized Cognitive Behavioral Therapy (CBT) techniques to address various mental health conditions.

Work Experience: Worked as part of a multidisciplinary team consisting of occupational therapists, Clinical Psychologists, Interns, speech therapists, and special educators. Supported children with multiple disabilities, including autism spectrum disorder (ASD), ADD/ADHD, Asperger's syndrome, cerebral palsy, visual and hearing Impairment and learning disabilities. Gained experience working with individuals across all age groups, addressing a wide range of disorders and disabilities.

National institute for the Empowerment of Persons with Visual Disabilities (NIEPVD), Dehradun

Designation__: Rehabilitation Psychologist as a Student / Trainee

Period__: October 2018 to Dec 2019.

Clinical Experience: Wrote detailed case histories, administered psychological assessments, and conducted supportive therapeutic sessions. Delivered psycho-education classes aimed at enhancing adjustment and adaptability for visually disabled patients, focusing on their unique psychological and emotional needs.

National institute of Public Cooperation and Child Development (NIPCCD), New Delhi, Delhi

Designation__: Counseling Psychologist as a Student / Trainee

Period__: Dec 2020 to January 2022.

Field Work Experience: Engaged in diverse fieldwork tasks, including conducting focus group discussions with adolescents for need assessments, case history taking, play observations, interviews with adolescents, and adaptive behavior and psycho-educational assessments. Interpreted clinical observations and assessments conducted by professionals. In clinical settings, developed diagnostic workups, provided parent guidance and counseling, delivered parent training, conducted career talks, and applied Cognitive Behavioral Therapy (CBT) techniques to address various psychological needs.

Internship - National institute of Public Cooperation and Child Development, New Delhi, Delhi

Designation__: Counseling Psychologist Trainee under child guidance Centre (CGC)

Period__: Dec 2021 to Jan 2022.

Internship Experience: Assisted in writing and integrating case histories, conducting case readings, and participating in case discussions to develop diagnostic insights. Gained experience in interpreting clinical observations, conducting observation sessions, and administering psychological assessments under professional supervision. Developed a strong foundation in understanding and managing diverse psychological cases.

ACHIEVEMENT AND QUALITIES

- Expert Communication skills in both written and verbal.
- Good in leadership, rapport formation and interaction with Clients, supervisors.
- Awarded Certificate “Paper Present in 45th NACIACP 2019 conference.
- Always appreciative by clients and supervisors.
- Taking extra initiative like campus activity, helping other group members to complete their task and learning.
- **Member of Core Organizing Committee** of 44th NACIACP 2018 (GBU) & 45th NACIACP 2019 (NIEPVD) **conference and workshop** by Indian Association of Clinical Psychologists (IACP).

EDUCATION

- **MA in Applied Psychology**
Gautam Buddha University, Greater Noida (UP) in 2018
- **Post graduate diploma in Rehabilitation Psychology (RCI approved)**
National institute for the Empowerment of Person with Visual Disabilities (NIEPVD),
Dehradun, Uttarakhand
September 2018 to December 2019
- **Advance Diploma in Child Guidance and Counseling (RCI approved)**
National institute of Public Cooperation and Child Development (NIPCCD),
New Delhi, Delhi
December 2020 to January 2022

PERSONAL

Name : Pragya Singh
Sex : Female
Date of Birth : 11th Nov, 1994
Languages known : English, Hindi.
Marital Status : Single

I hereby declare that all the above information given by me is true the best of my knowledge & belief.

Place : New Delhi (East)

Date :

(Pragya Singh)