

## Apurva Upadhyay

**RCI Pre-registration No. 2504141537-A6061023001**

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### OBJECTIVE

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To obtain a position as a Clinical Psychologist where I can apply my academic knowledge, clinical training, and therapeutic skills to support individuals with psychological difficulties. I aim to contribute meaningfully to mental health services through evidence-based practices, ethical care, and continued professional growth.

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### EDUCATION

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**M.Phil in Clinical Psychology** **2023-2025**

Amity Institute of Behavioral and Allied Sciences, Amity University Madhya Pradesh

*CGPA: 8.60 (First Rank Holder – First Year)*

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**M.A. in Clinical Psychology** **2021-2023**

Amity University Uttar Pradesh (Noida)

*CGPA: 8.56 (Distinction)*

*Awarded 100% academic scholarship for both consecutive years based on academic performance*

**B.A. (Hons.) in Psychology** **2018-2021**

Daulat Ram College, University of Delhi

*CGPA: 8.46 (Distinction)*

**Class XII (PCB Stream)** **2018**

K.D.B. Public School, CBSE

*Percentage: 95%*

*School Topper (PCB); Scored 100 in Psychology – Awarded CBSE 0.1% Merit Certificate*

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### CLINICAL EXPERIENCE

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**M.Phil. Clinical Psychology Trainee** **Sep 2023 – May 2025**

*Gajra Raja Medical College & Hospital, Gwalior*

- OPD & IPD exposure under supervision across diverse psychiatric conditions including neurotic, psychotic, mood, and substance use disorders along with child and adolescent cases.
- Responsibilities included conducting psychometric assessments, individual and group therapy, mental status examinations, and documentation (case history, formulations, progress notes)
- Experience in therapy planning and management of ward duties

**Intern – Clinical Psychology**  
*Feelings Welfare Society, Delhi*

**Apr 2022 – May 2022**

- Assisted in case histories, psychological observations, and patient interaction under a licensed Clinical Psychologist in a private setup

**Intern – Clinical Psychology**  
*HCR Institute of Psychiatry & De-Addiction, Ghaziabad*

**Sep 2021 – Nov 2021**

- Exposure to rehabilitation setting; worked with patients with substance dependence and chronic psychiatric illnesses
- Conducted daily MSEs, observed therapeutic processes, maintained behavioural observations

**Volunteer**  
*UDYAM Trust (NGO)*

**Jul 2021 – Oct 2022**

- Worked with underprivileged children and women in Delhi
- Engaged in academic support and basic counselling interactions to promote emotional well-being

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## **RESEARCH WORK**

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**Dissertation Title:** *Role of Mindfulness-Based Stress Reduction on Cognitive Flexibility and Its Moderating Role between Coping Strategies and Pain Outcomes in Chronic Pain Patients.*

- Design: Single-centered, exploratory, pre-post design
- Sample Size: 50 individuals assessed; 12 received MBSR intervention
- Tools: Wisconsin Card Sorting Test, Brief Pain Inventory, Pain Catastrophizing Scale, Pain Coping Inventory, MBSR
- Focus: Assessing the impact of MBSR on cognitive flexibility and pain outcomes, and exploring its moderating role in coping strategies.

**Conference Presentation:**

- *Exploring Psychological Profiles in Females with PCOD: A Rorschach Inkblot Analysis*  
Presented at the 11th International Conference of Somatic Inkblot Society (ICSIS 2024)  
Authors: Apurva Upadhyay & Dr. Jyotsna Singh (AIBAS, AUMP)

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## **SKILLS**

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**Psychological Assessments & Testing:** Rorschach Inkblot Test (Exner's Method), TAT, Sentence Completion Test (SCT), Human Figure Drawing Test (HFD), WCST, Bender-Gestalt Test (BGT), Stroop Test, Digit Span, WAIS-IV, MISIC, PGI-BBD, MCMI, MACI,

WAPIS. Skilled in neuropsychological, personality, cognitive, and behavioral assessments across diverse populations

**Therapeutic Approaches:** Cognitive Behavioral Therapy (CBT), Behavior Therapy (BT), Exposure and Response Prevention (ERP), Mindfulness-Based Stress Reduction (MBSR), Art Therapy, Rational Emotive Behaviour Therapy (REBT), Gestalt Therapy, Solution-Focused Brief Therapy (SFBT), Graded Exposure, Play Therapy  
*Typically use an eclectic approach, tailoring interventions to individual client needs*

**Software & Analytical Skills:** Well-versed in SPSS for data analysis and statistical interpretation and proficient in MS Office Suite (Word, PowerPoint, Excel)

**Clinical Documentation & Case Work:** Experienced in conducting and documenting Mental Status Examination (MSE), detailed case histories, clinical formulations, diagnostic impressions, and therapy progress notes  
*Ability to work in multidisciplinary teams, coordinate with psychiatrists and caregivers, and maintain ethical clinical practice standards*

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## CERTIFICATION

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- **Basic Skills and Clinical Applications of Neuropsychology**  
Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH) – 2024
- **Certificate Course in Art Therapy**  
Psychoflakes Counseling Centre – 2023
- **Certificate Course in Family and Marital Counseling**  
Psychoflakes Counseling Centre – 2023

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## PERSONAL INFORMATION

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### Languages Known

- **English:** Proficient (Written & Spoken)
- **Hindi:** Native (Fluent in both formal and conversational)

### Interest & Hobbies

- Event Organizing
- Public Speaking & Anchoring.
- Anime & Movies Enthusiast
- Cooking

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## DECLARATION

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"I hereby declare that the information furnished above is true to the best of my knowledge and belief."

Date: 5<sup>th</sup> April, 2025

Place: Gwalior, Madhya Pradesh

Apurva Upadhyay