

RESUME

Name: Udisha

Age: 24

D.O.B: 08/10/1999

Gender: Female

Highest Educational

Qualification: Master of Philosophy (M. Phil.) Clinical Psychology
(RCI Approved)

Residence: New Delhi, India -110018

Contact Details: Email- udishamriash38@gmail.com
mrinal.ioa@gmail.com

Phone- 9958336909; 9971759459

EDUCATIONAL QUALIFICATION

S.no.	Standard/Degree	Name of the Board/ University	Year of Passing
1.	10 th Standard	CBSE	2015
2.	12 th Standard	CBSE	2017
3.	B.A. (Hons.) Psychology (Graduation)	Delhi University	2020
4.	Master of Science (M.Sc.) Clinical Psychology	Christ University	2022
5.	Master of Philosophy (M. Phil.) Clinical Psychology (Approved by Rehabilitation Council of India)	Amity University	2024

AREA OF EXPERTIES

[For Psychodiagnostics Assessments (Including Certification) & Psychotherapy]

- Anxiety Disorders (Phobia, Panic and other Stress related Disorders)
- Obsessive and Compulsive Disorders
- Depressive Disorders
- Dissociative and Somatoform Disorders
- Grief and Trauma related Disorders
- Schizophrenia and other Disorders of Psychotic Spectrum
- Substance Use Disorders
- Eating Disorders
- Bipolar Disorder
- Personality Disorders
- Disorders of Child and Adolescence

THERAPUTIC MODALITIES

Trained in:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Schema Therapy
- Supportive Therapy
- Interpersonal Therapy (IT)
- Interpersonal and Social Rhythm Therapy (IPSRT)

MODE OF THERAPY

Specialized in:

- Tele-mental health service
- Individual face-to-face therapy
- Couples Therapy
- Group Therapy

PROFESSIONAL TRAINING & EXPERIENCE

S.no.	Place of Work	Role	Duration (Month-Year)
1.	Disha Neuropsychiatric Centre (DNC)	Clinical Psychologist	Aug 2023 -June 2024
2.	Deen Dayal Upadhyay Hospital (DDU)	Clinical Psychologist	Feb-July, 2023
3.	Perfect Mind (PM)	Clinical Psychologist	Dec 2022- Jan 2023
4.	Air Force Central Medical Establishment (AFCME)	Clinical Psychologist	Aug-Nov, 2022

SKILLS

- Empathetic
- Compassionate and Active Listener
- Creative
- Adaptable
- Responsible and Ethical working
- Diligent
- Team work
- Leadership

INTERNSHIP EXPERIENCE & VOLUNTEER WORK

S.no.	Place of Work	Role	Duration
1.	BLK-Max Super Speciality Hospital, New Delhi	Clinical Psychology Intern	May-June, 2022
2.	Lady Hardinge Hospital, New Delhi	Clinical Psychology Intern	Dec 2021-May 2022
3.	Santulan Clinic (The Specialized Centre for Management of Psychiatric & Alcohol/Drug Problems), New Delhi	Clinical Psychology Intern	July-Nov, 2021
4.	Inspiron Psychological Wellness Centre, Bangalore	Clinical Psychology Intern	May-June, 2021
5.	Initiators of Change (NGO), Ludhiana, Punjab	Intern for Mental Health Awareness Project	Jan- April, 2021
6.	Socio-Ladder	Missing Citizen's Organization Initiative	August-Nov, 2020
7.	Umeed- A Drop of Hope (NGO), New Delhi	Volunteer Work for Child Education	June-Sept, 2019
8.	Dr Ambedkar International Centre, Ministry of Social Justice and Empowerment, New Delhi	Community Service Intern	June-July, 2019
9.	Your Wonderful Project (NGO), New Delhi	Volunteer for Mental Health Awareness	March-May, 2019
10.	Delhi Council for Child Welfare (DCCW), New Delhi	Volunteer Work for Children with Intellectual Disability	June, 2018

RESEARCH PAPER PRESENTATIONS

S.no.	Paper Title	Author	Presented In Conference	Month-Year
1.	Emotional Health and Social Relationship: A critical review	Ramnika Gautam, Udisha	International Conference on Family Well - being: A Global Perspective	February, 2018
2.	Role of Sources of Self-efficacy on Pro-environmental Behaviour of Young Adults	Udisha, Vatsal Priyadarshi Pandey, Mohammed Afsar	International Sustainability Conference	November, 2021
3.	The Role of Schema Mode and Self-conscious Emotion (Shame & Guilt) on Interpersonal Functioning of Individuals with Dissociative Disorders	Udisha, Sonia Puar, Rashmi Pandey	50th National Annual Conference of Indian Association of Clinical Psychologists	February, 2024