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Rohini, New Delhi, India

## Education

### Bachelor of Science in Clinical Psychology

SGT University, Gurugram  
2016 - 2019

### Master of Arts in Clinical Psychology

Parul University, Vadodara, Gujarat  
2020 - 2022

### PG diploma in Guidance and Counseling

Counsel India  
2024 - Pursuing

## Achievements & Awards

- Participated in the 42nd annual conference of the Indian Psychiatrist Society North Zone Delhi Convention Centre held from 07th Oct. 2017 to 08th Oct. 2017
- 3rd International Conference on Cognitive Behavior Intervention, 2018 SGT University.
- Participated in ICHPM (International conference on psychology health and medicine) at Amity University, Jaipur held on 2nd feb. 2018 to 4th feb. 2018.
- 46th National Conference of Indian Association of Clinical Psychology, 2020. Punjab University, Chandigarh

# PRACHI KAUSHIK

## Clinical Psychologist

### Profile

Experienced psychologist with a proven track record of providing compassionate and evidence-based counseling to individuals of diverse backgrounds. Specialized in cognitive-behavioral therapy, I am skilled in diagnosing and treating various mental health issues. Committed to fostering positive client outcomes through active listening, empathy, and personalized treatment plans. Seeking opportunities to contribute my expertise in promoting mental well-being and growth.

### Work Experience

#### 2022 - 2023 Education Lane

##### Counseling Psychologist

Played a pivotal role in guiding students through their educational journey. I provide personalized guidance, helping students select courses, set academic goals, and navigate challenges. I offer support for career planning, offering insights into suitable pathways and assisting with internship or job placement. Ultimately, I empower students to make informed decisions and maximize their academic and career potential.

### Research Projects

#### 2018 - 2019 **Borderline personality features, emotional dysregulation amongst college students.**

Result: The result concludes that girls have more borderline personality features than boys.

#### 2021 - 2023 **A comparative study of stress level between sports and non-sports person.**

Result: This study shows that the stress level of a sports person is less in comparison to a non-sports person indicating the importance of physical activities in daily

### Skills

- Therapy
- Assessment
- Communication
- Interpersonal
- Problem-Solving
- Ethics
- Empathy
- Self-Awareness
- Research Skills

### Language

- Hindi
- English