**NAMRATA UPADHYAY**

Cl. Psychologist

Synapses Neuropsychiatry Clinic

Sarita Vihar. New Delhi.

9971836881

**PROFESSIONAL SUMMARY**

I hold an MPhil in Clinical Psychology and am a registered Clinical Psychologist with the RCI, bringing over 10 years of professional experience.

I am highly proficient in administering, scoring, and interpreting psychometric tests, psycho-diagnostics, and standard rating scales for client assessments, and in preparing comprehensive reports.

My expertise extends to various psychotherapeutic approaches, mind-body relaxation techniques, and neurocognitive rehabilitation, with specialized experience in addressing a wide range of psychiatric disorders and psychological challenges.

**CLINICAL EXPERIENCE**

* PsyCare Hospital-Jasola :2019-2020;
* Mind Solace (REEVIN)-Malviya Nagat 2017-2019
* CIMBS: Delhi Psychiatry Centre-Preet Vihar and Adiva Hospital -Green Park -2014-2016
* Airforce Central Medical Establishment-Subroto Park- 2013-2014
* Lok Nayak Hospital- 2012-2013

As a part of my clinical experience at reputed hospitals of Delhi I have worked with a wide range of patients, including those with Depression, Anxiety Disorders, OCD, Eating Disorders, PTSD, Deliberate Self-Harm, Borderline Personality Disorder, and more.

I was responsible for the inpatient unit, overseeing therapy and psychological assessments for all admitted patients. My responsibilities included planning and conducting individual therapy, group sessions, and family sessions for the patients. I have experience of managing a Tobacco Cessation Clinic, where I assisted over 50 clients in overcoming nicotine dependence.

Additionally, I led a support group for individuals with obsessive-compulsive disorder and supervised their weekly meetings. I had been a supervisor in a DST-funded research project investigating the Efficacy of rTMS in treating Depression and Auditory Hallucinations.

**RESEARCH WORK AND PUBLICATIONS**

* Published paper on “Impact of Eating Habits, Sexual Orientation and Spirituality on the Mental Health of Adult Individuals” on The International Journal of Social Sciences and Humanities Invention *Volume 1 issue 4 2014 page no.188-192ISSN: 2349-2031*
* Published case study on “Intervention and management of Schizo Obsessive Disorder” for Elsevier’s Journal of obsessive compulsive and related disorder -2016

 **WORKSHOPS AND SEMINARS ATTENDED**

* Adult Independent Living for PWID” conducted on 14-15th September,2021, organized by NIEPID RC NOIDA on 25-26thmAugust, 2021.
* Early Intervention: Strategies for Sensorimotor Development in Young  Children with Special Needs” organized by NIEPID RC NOIDA on 25-26th August, 2021.
* **Mental Health: A Global Perspective"** held on 18th-19th January 2021, organized by NIEPID RC NOIDA on 25-26th August, 2021.
* Effective Therapeutic Strategies In Working With LGBT Community -2016
* PsyCog 2015 : Frontiers In Psychiatry, Mental Health And Cognitive Sciences

**EDUCATION :**

MPHIL – Clinical Psychology- 2012-2014

M.A.-Clinical Psychology -2008-2010

B.A.- Clinical Psychology- 2005-2008

10+2 – 2003-2005

**DECLARATION:**

It is hereby declared that all the particulars stated in the resume are true and correct to best of my knowledge and belief**.**