

AYUSH MUDGAL

Clinical Psychologist (RCI-A97928)

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PROFESSIONAL SUMMARY

Experienced Clinical Psychologist with over 5 years of providing compassionate, evidence-based care to diverse populations. Proficient in CBT, DBT, psycho-education, and community-based interventions. Skilled in collaborating within multidisciplinary teams to address mental health needs related to trauma, chronic illness, and social stressors. Actively involved in public mental health advocacy and content creation to reduce stigma and promote accessible care throughout India.

WEBSITES, PORTFOLIOS, PROFILES

- www.linkedin.com/in/ayush-mudgal44

SKILLS

- Cognitive Behavioral Therapy (CBT) & Dialectical Behavior Therapy (DBT)
- Couples, Family, and Relational Therapy
- Management of Neurodevelopmental Disorders (Autism, ADHD, ID, LD)
- Psychosomatic & Medically-Linked Mental Health Support (e.g., Postpartum, Chronic Illness)
- Digital Mental Health Content Creation (e.g., reels, blogs, webinars)
- Solution-Focused and Strength-Based Interventions
- Diagnosis and Treatment of Mood, Anxiety, and Substance Use Disorders
- Psychological & Neuropsychological Assessments and Diagnostic Reporting
- Psychoeducation, Group Workshops & Public Mental Health Campaigns
- Program Development, Leadership & Multidisciplinary Collaboration

WORK HISTORY

Senior Clinical Psychologist | Alpha Healing Center - Vadodara 10/2024 - Current

- Conducted 1:1 psychotherapy sessions using CBT, DBT, and humanistic frameworks.
- Facilitated group therapy and mindfulness-based interventions with a 25% increase in patient engagement.
- Developed and implemented 5+ therapeutic modules to improve treatment outcomes.

Founder & Clinical Psychologist | Private Practice - Ghaziabad 11/2023 - Current

- Delivered customized care for clients with anxiety, mood disorders, and relational challenges.
- Produced psychoeducational content reaching over 20,000 views on digital

platforms.

- Managed a multidisciplinary team including clinical, creative, and marketing personnel.

Consultant Clinical Psychologist | Yashoda Hospital - Vasundhara 04/2024 - 10/2024

- Administered psychometric assessments and coordinated collaborative care.
- Provided evidence-based therapy to adolescents and adults.
- Collaborated with 78-person multidisciplinary treatment team to discuss treatment plans, progress and discharge decisions.

Associate Clinical Psychologist | Navin Hospital - Ghaziabad 04/2024 - 10/2024

- Delivered structured psychotherapy in an inpatient psychiatric setting.
- Worked alongside psychiatrists for holistic treatment and medication monitoring.

EDUCATION

Post Graduate Institute of Behavioural And Medical Sciences - Raipur 01/2021 - 10/2023
M.Phil.: Clinical Psychology

Christ University - Bangalore 08/2018 - 04/2020
M.Sc.: Clinical Psychology

Amity University - Noida 04/2020 - 12/2020
Post Graduate Diploma: Counselling Psychology

Amity University - Gurgaon 08/2015 - 03/2018
B.Sc. (Hons.): Clinical Psychology

CERTIFICATIONS

Licensed Clinical Psychologist, Rehabilitation Council of India, A97928, 03/01/24, 03/01/29

Suicide Prevention Gatekeeper, QPR Institute, 03/01/23

Certified Clinical Hypnotherapist, California Hypnosis Institute, USA, 04/01/18

LANGUAGES

English

Hindi

AWARDS AND RESEARCH

Best Research Paper Award, Indian Association of Clinical Psychologists (IACP), Recognized for outstanding academic contribution in the field of Clinical Psychology on the paper titled as 'Job Satisfaction, Workplace Environment Stress, and Marital Satisfaction among Teachers'

PROFESSIONAL INTERESTS

- Corporate and academic mental health
- Trauma-informed therapy
- Public psychoeducation and awareness
- Clinical innovation and accessibility in Indian healthcare