

Objective

Highly dedicated and compassionate Clinical Psychologist with a strong background in providing mental health support to individuals facing various mental health challenges. Seeking a position as a Clinical Psychologist to utilize my empathetic nature, excellent communication skills, and therapeutic expertise to help people to achieve personal growth overcome emotional difficulties and other mental health issues.

Experience

- **All India Institute Of Medical Sciences (AIIMS), Gorakhpur**
COUNSELING PSYCHOLOGIST
Conducted Counselling Sessions For The Patients Facing Various Mental Health Issues. Majorly Worked With The Patients Of Substance Use Disorders And Other Psychiatric Conditions Such As, Anxiety, Depression, Relationship Difficulties, Family Conflicts And Children Suffering With Behaviour And Emotional Problems.

29/09/2021 - 31/03/2023
- **Dhanwantari Neuropsychiatric Centre, Raipur**
COUNSELLING PSYCHOLOGIST
Detailed Case History And Formulated Mental Status Examination (MSE) Based On Their Specific Concerns. Administered And Interpreted Psychometric Test To Gain Insight Into Patients Psychological Functioning. Facilitated Family As Well As Individual Therapy Sessions To Promote Emotional Support And Foster Interpersonal Growth.

04/04/2019 - 31/10/2019
- **Central India Institute Of Mental Health Neurosciences**
INTERN
Collaborated With Fellow Counselling Psychologists And Professionals To Create A Safe And Inclusive Environment For Patients. Organised And Facilitated Workshops On Mental Health Awareness, Stress Management And Self Care Practice.

16/10/2018 - 28/02/2019

Education

- **UPRTOU Allahabad**
B.Ed. Special Education

28/01/2022
- **Banaras Hindu University (BHU), Varanasi**
PG Diploma In Counseling And Psychotherapy

31/08/2018
- **Deen Dayal Upadhyay Gorakhpur University, Gorakhpur**
Master Of Arts In Psychology

17/10/2016
- **Deen Dayal Upadhyay Gorakhpur University, Gorakhpur**
Bachelor Of Arts In Psychology And English

01/10/2014
- **Central India Institute, Dewada, Chhattisgarh**
M.Phil Clinical Psychology

17/08/2025

Skills

- Assessments and diagnosis
- Psychometric testing and interpretations
- Emotional support and empathy
- Confidentiality and ethical standards

- Cognitive Behaviour Therapy
- Motivational Enhancement Therapy
- Excellent communication skills and active listening
- Can conduct Individual and group therapy
- Relaxation techniques
- Basics of computer

Language

- Hindi
- English

Activities

- 8 days workshop on Personality Management.

Publication

- Paper presentation at 53rd National and International, conference of Indian academy of Applied Psychology (IAAP), 2018

Personal Details

- Date of Birth : 05/07/1992
- Marital Status : Married
- Nationality : Indian

Pragya Mishra