



# Meghna Prakash

**Therapist, Journalist,**

**Social Media Strategist, Poet.**

## Contact

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## Profile

A passionate therapist with a writer's heart. Skilled at using various therapy modalities to help patients achieve their goals. Experienced in crisis intervention, group therapy, marriage and family counselling and trauma informed care. Ability to leverage media and social media to tell powerful stories of recovery and healing.

## Skills

- Basic and advanced counselling skills and interventions
- Trained in individual, couples and group therapy
- Crisis intervention
- Trauma informed
- Research & Writing
- Content Creation (also for news)
- Social Media Strategist
- Communication & Storytelling
- Multilingual (English, Hindi, Tamil)

## Experience

### TRAINEE THERAPIST

St Joseph's Girls' High School, Bengaluru (June 2023-2024).

- Did 165 direct hours of individual therapy
- Managed cases of psychosis, mood disorders, grief, interpersonal conflicts, educational, behavioural and attendance issues, parental difficulties, abuse.
- Conducted 33 hours of workshop on emotional regulation, exam stress and internet safety

Catalyst Management Services (April 2024).

- Took 33 hours of marriage therapy for employees.

Higher Power Rehab (2022-2023).

- Worked with individuals struggling with addiction of alcohol and substance use. Also worked with mood disorders and psychosis.
- Created an intervention to transform family confrontations to family therapy and support.

The Orange Heart (June 2023).

- Did therapy for employees for 112 hours
- Took a workshop on bipolar disorder for employees to support a new hire with lived experience.

Maarga Psychiatric Hospital (2022-2023).

- Shadowed therapy sessions, assisted in group therapy activities, and managed social media. Wrote a book titled "Maarga Tales" documenting stories of patient recovery.

Jhanvi Kundra (May 2023) for 78 hours

- Trained in counselling, relationship and abnormal psychology

## Education

- Master's in Counselling Psychology, Montfort Institute of Advanced Studies, 2022-2024
- Conflict Transformation and Peacebuilding Diploma, Lady Shri Ram College, 2019-2020 (1st division)
- Bachelor's in Journalism, Venkateshwara Open University, 2016-2019
- Associate Degree in Arts, Broward College, Florida, Phi Theta Kapa Honors Student, Dean's List, 2015-17.
- Boston University, one semester, 2017

## Therapy Techniques Learnt

Cognitive Behaviour Therapy, Rational Emotive Behaviour Therapy (35 hours), Acceptance and Commitment Therapy (16 hours), Solution Focused Brief Therapy, Choice Therapy Reality Therapy, Trauma Informed Therapy, Gestalt, Narrative Therapy, Art Therapy, Play Therapy, Expressive Arts Therapy, Emotion Focused Therapy, Logotherapy (16 hours), Dialectic Behaviour Therapy, and specialisations in Marriage & Family Therapy and Group Therapy.

## Additional Training

- 12 hours of EFT training with Mukhtha Foundation and Syam K Ravindran.
- 10 hours of certificate course in trauma informed approaches in mental health care with Banyan Academy of Leadership in Mental Health
- Suicide interventions and crisis trainings by Vandrevalla Foundation and Zero Suicide Alliance (30+ hours)
- Trained in social psychology and workplace counselling including basic POSH training.
- Research scholar: Phenomenological exploration of self management narratives of bipolar disorder in India

## Publications

- National Alliance on Mental Illness (USA), Caravan Magazine, Scroll, Quint, Article 14, A Humming Heart, The Swaddle, Feminism In India, The Plunge Daily, Gender Security Project, One Future Collective
- Poetry published in 14 journals.
- Wrote for Ladakh Literature Festival and Odisha Hockey Tournament

## Achievements

- Chief Editor of MIAS Magazine
- Student Council member
- Published poetry collection "Trigger Warning" with Hawakal Publishers.
- Did a panel at NIMHANS for World Bipolar Day on 30th March, 2024.
- Wrote a book for Maarga Hospital called 'Maarga Tales' (patient recovery stories)
- Co-authored a guidebook for survivors of violence with The Gender Security Project.
- Represented India as a cultural ambassador in Russia, showcasing Bharatnatyam dance and performed poetry in 6 countries.
- Founder of Poetry Dialogue (15k followers)

## Conferences

- National Seminar on Approaches in Counselling: Relevance and Current Practices, on 24th April 2023, organized by MIAS (9 hours).
- Making Mental Health & Well-Being for all a Global priority, organized by MIAS (6 hours)
- Mental Health Wellbeing of Youth, MIAS (2 hours)
- Case Conferences organized by MIAS (from 2022-24) for 50 hours.
- Participated in research panel of "Lived Experiences" at MIAS for 8 hours. Also organised the panel as part of the student council.

## Past Work (Complimentary Skills)

### **Behaviour Change Strategist and Writer with Catalyst Management Services (January 2023-December 2023)**

- Worked with fisherfolk community in Odisha and Karnataka with innovative communication material to propel change and tackle issues like alcoholism, domestic violence. Wrote articles for social media and newspapers.

### **Freelance Journalist (January 2023-Present)**

- Wrote for various publications on gender, mental health, human interest, conflict, politics, music and culture.
- Worked under Nisar Ul Haq in Kashmir as a conflict reporter

### **Sub-editor at Scroll.in, March 2022-December 2022**

- Edit copies, proofread, and write stories on various topics including mental health, politics, gender, desk news.

### **Content head and social media strategist at Global Alliance For Mass Entrepreneurship - June 2021-February 2022**

- Wrote a book of stories of entrepreneurship
- Wrote articles and social media content. Designed and executed social media campaigns including making videos, anthems, songs, graphic pamphlets.

### **Desk Writer at The Quint, November 2020-May 2021**

- Covered significant events and topics including politics, gender, and health.

### **Editorial Intern, Caravan Magazine, December 2019-October 2020**

- Reported on current affairs and conducted research for articles.

### **Social Media Work:**

- Theacare (India's first women's healthcare platform)
- Stories For Asia (journalism platform)
- Clap Global (one year full time position as social media executive)
- Encompassion India (Delhi based NGO - also did fundraising).

### **Research Assistant**

- Why Indian Men Rape, 2017-2019: Conducted research and transcribed interviews for a multimedia gender journalism project, published with Harper Collins.
- Author Aditi Rao: 2020: Helped research and transcribe for her book on Daughters and Mothers.
- Writer and assistant for Padmashree Sudharak Olwe (2018)