

Deeksha Chadha

Psy. D. (Pursuing)

BA & MA (Psychology)

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Career Objective

To gain clinical exposure from an institution in which I can utilize my knowledge and skills through research and teaching as well applying the clinical skills taught to me throughout my clinical training.

Clinical postings

- **Central Reserve Police Force (CRPF), Composite hospital, Hyderabad**

(Ongoing currently)

Duration: 1.5 months

Year: 2024-2025

Supervisor: Dr. Ibrahim Narzari, Psychiatrist

- **Trident Super Specialty Neuropsychiatric Hospital and Rehabilitation Centre; Lucknow**

Duration: 7 months

Year: 2023 -2024

Supervisor: Dr. Anil Kumar & Dr. Parul Prasad, Consultant Psychiatrist

- **Vinay Neuro Psychiatry Hospital; Lucknow**

Duration: 7 months

Year: 2023 -2024

Supervisor: Dr. Abhinav Pandey, Consultant Psychiatrist

- **Institute of mental health, Telangana – Erragadda; Hyderabad**

Duration: 1 months

Year: 2021 -2022

Supervisor: Dr. Venkat Subbaiah, Clinical Psychologist

- **Virinchi hospital; Hyderabad**

Duration: 2 months

Year: 2022

Supervisor: Dr. Mohd. Ateeq Ur Rahman Consultant Neurologist

- **Manasa Hospital and Rehabilitation; Hyderabad**

Duration: 2 months

Year: 2021

Supervisor: Dr. Virinchi Sharma, Consultant Psychiatrist

Papers/Topics Taught

- Behaviour medicine (Psychodermatology, Psycho-oncology, Genitourinary system)
- Psychopathology
- Rorschach Psychodiagnostics
- Evidence based Practice (EBP)
- Cognitive behaviour therapy (CBT)
- Cognitive behaviour sex therapy (CBST)

Publications & Chapters in Book/ Magazine

- Article published in Psychologs magazine: ***Amalgamation of optimistic and Mandala art intervention to self-harm.***
- ***A Cognitive Behavior Couples Sex therapy (CBCST) approach to Male Erectile Dysfunction: A Case Study*** (under review).
- ***A Comparative study of psychological tendencies associated with Human Sexuality in Psychiatric patients*** (under review).

- ***Aftermath of sexual assault: Post Traumatic Stress Disorder (PTSD)***; Traumashastra (Bio-Psychosocial Perspectives of Trauma); ISBN 978-93-5346-155-3 Copyright © Syed Sajid Husain Kazmi 2019

Papers Presented/ Supervised in National/International Conferences (India)

- **“A Comparative Study of Psychological Tendencies Associated with Human Sexuality in Psychiatric Patients.”** Deeksha Chadha. 05-07 September, 2024, Amrita Annual Conclave on Clinical Psychology (AACCP), September | 4 th – 7 th, 2024, International Conference, “Sexual and Reproductive Health: Beyond boundaries – International conference on sexual diversity, disorders & interventions, Organized By: Department of Clinical Psychology. Amrita Hospital, Kochi, Kerala
- **“A Case study on Cognitive Behavior Sex Therapy in the treatment of Premature Ejaculation.”** Deeksha Chadha and Dr. Parul Prasad, Mental healthcare in India: basics and beyond,” 05-06 October 2024. Shia pg. college, Khadra, Sitapur road, Lucknow, U.P.
- **“Is Self-Handicapping a Predictor of Academic Stress?”** Gargi Karnwal and Deeksha Chadha Mental healthcare in India: basics and beyond,” 05-06 October 2024. Shia pg. college, Khadra, Sitapur road, Lucknow, U.P.

Trainings

- **Certificate course in Sexual medicine** under the guidance of Dr. Sandip Deshpande
- **King George’s Medical University; Department of Geriatric Mental Health; Lucknow**

Duration: 1 month
Year: 2018
Supervisor: Dr. Rakesh Tripathi & Dr. Anamika Srivastava

- **Moolchand Medcity; Department of Psychiatry; New Delhi**

Duration: 1 month

Year: 2017

Supervisor: Dr. Jitendra Nagpal, Senior Consultant

- **Nur Manzil Psychiatric Centre; Lucknow**

Duration: 3 months

Year: 2016

Supervisor: Dr. Ajay Singh Rajput & Dr. Divya Prasad

- **Fortis Memorial Research Institute, Gurgaon; Department of Psychiatry; Gurgaon**

Duration: 1 month

Year: 2019

Supervisor: Dr. Rakesh Tripathi & Dr. Anamika Srivastava

- **Training at the Richmond Fellowship Society; Lucknow**

Duration: 1 month

Year: 2017

Supervisor: Dr. P.K. Khatri

Thesis (Psy.D.)

“Comparative efficacy of Cognitive Behavior Sex Therapy (CBST) and Pharmacotherapy for Psychogenic Erectile Dysfunction comorbid with Acquired Premature Ejaculation in Indian setting” under the guidance of Dr. Gaurav Thapliyal, Dr. Saroj Arya and Dr. Parul Prasad (viva pending).

Key Competencies

- Ability to design and develop curriculums
- Good command over written and verbal skills

- Problem solving approach
- Proficient in MS Office & Windows
- Planning & Execution
- Behavioral Management
- Rapport building
- Professional Report Writing
- Knowledge of Psychological Theory

Areas of sub-specialization: Human sexuality and dysfunctions and Cognitive Behavioral Therapy

- Psychological assessments for sexual dysfunction
- Psychosexual Therapy for various sexual dysfunctions
- Psychotherapies for LGBTQ population
- Couple therapies and Dual sex therapies with various modalities like Acceptance and commitment therapy, Cognitive Behavior therapy
- Dialectical behavior therapy
- Assessments assessing cognitive dysfunctions and behavioral skills
- Schema therapy
- Cognitive Therapy (CT)
- Acceptance and Commitment therapy

Academic Credentials

| <u>Degree/Examination</u> | <u>Institute/School</u> | <u>University/Board</u> | <u>Year</u> | <u>Percentage</u> |
|----------------------------------|---|--------------------------------|--------------------|--------------------------|
| Psy. D. | Sweekaar Academy of Rehabilitation Sciences | Osmania University | 2020-2025 | Pursuing |
| MA | National PG College | University of Lucknow | 2018-2020 | 72% |
| BA | Isabella Thoburn College | University of Lucknow | 2015-2018 | 60% |
| Intermediate | St. Agnes Loreto Day School | ISC | 2014-2015 | 60% |
| High School | St. Agnes Loreto Day School | ICSE | 2013-2014 | 60% |

Extra-Curricular Activities

- Participated in "ICD-11 Diagnostic Requirements for Mental, Behavioural and Neurodevelopmental Disorders: An Online Comprehensive Course" held on 13-14 July 2024.
- Attended and Presented paper at IAHP-2019 "Suicide prevention and management"
- Attended and presented paper at Bio-psychosocial perspectives of trauma international conference held at Shia Pg College.
- Workshop on self-harm behavior among adolescents and young adults held at Nur Manzil, Lucknow.
- One day workshop on intelligence assessment and professional report writing by Ms. Kiran Srivastava
- Two-day workshop on Rorschach inkblot test (level I and II) by Ms. Kiran Srivastava.
- Workshop on "cultivating psychospiritual maturation through the know yourself curriculum" organized by Mental Health Foundation
- Workshop on Thematic apperception test (TAT) by Ms. Anima Mehta
- Workshop on Rorschach inkblot test by Dr. Dwarka Pershad
- Guest lecture on mental health indicator and mental hygiene by Prof. S. Z.H. Zaidi
- "Online training of Psychologists for providing brief and basic telephonic support in the context of COVID-19" organized by the Department of Clinical Psychology Nimhans, Bangalore
- "Mental health and psychosocial issues for counselors" organized by Nimhans Digital Academy.
- Webinars organized by Autism connect: Autism- Causes, early diagnosis, and newer treatments and Autism diagnosis: Basic screening and assessment tools.
- Covid-19 awareness and prevention program conducted by Apollo Med Skills
- "Covid-19 and mental health: Caring for the public and ourselves" certified by American Psychiatric Association (APA)
- Sessions/ webinars /internships organized by Fortis healthcare limited, Department of mental healthand behavioral sciences: Workshop on Rorschach-Exner system, Fashion Psychology, School Psychology, expressive based art therapy, Psycho-oncology

- 7-day online workshop on Research methodology by Association for research and advances studies (ARAS) in collaboration with
- International conference of Indian academy of health Psychology - Pre conference workshop of Cognitive drill therapy and hypnosis.
- Obsessive compulsive disorder and phobia was discussed in detail to explain how Cognitive drill therapy (by Dr. Rakesh Jain) works.
- International conference of Indian academy of health Psychology (IAHP) - 2017 held at National Post Graduate College

Personal Details

Father's Name: Mr. A.K. Chadha

Mother's Name: Mrs. Shelly Chadha

Address: 44-D Adarsh Nagar, Alambagh, Lucknow, UP, 226005.

Nationality: Indian

Marital Status: Single

Hobbies: Listening to music, travelling, and spending time with loved ones

Strengths: Optimistic, passionate, and empathetic

Linguistic Proficiency: English and Hindi

Date & Place of birth: 21-12-1995/ Lucknow

I hereby declare that the details given by me are complete to the facts and if found guilty, you are free to take any action

Deeksha Chadha