

MAULI RASTOGI

Clinical Psychologist

PROFESSIONAL SUMMARY

A dedicated and compassionate Clinical Psychologist with 4 years of experience in diagnosing, treating, and providing therapy for individuals with mental health issues. Committed to providing evidence-based interventions and fostering a therapeutic environment for clients. Seeking an opportunity to further contribute to the mental and emotional well-being of individuals.

PERSONAL DETAILS

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Address: Delhi
Languages known: English, Hindi

PROFESSIONAL EXPERIENCE

Consultant Clinical Psychologist

Sukoon Health, Delhi | February 2024-present

- Delivered evidence-based therapeutic interventions in an inpatient and outpatient basis, including CBT and DBT, to individuals and groups dealing with substance use disorder, mood disorders, anxiety, and personality disorder.
- Conducted psychological assessments and evaluations, utilizing objective and projective tests.
- Worked in close collaboration with multidisciplinary teams, including psychiatrists, social workers, and art based counselling psychologist, occupational therapist, to provide integrated care for clients.
- Designed and facilitated psychoeducational programs and family therapy aimed at raising awareness about mental health and promoting wellness.
- Expanded outreach and improved digital presence by providing quality content through blogs, posts, and articles.

Consultant Clinical Psychologist

Tulasi Healthcare, Gurugram | July 2023-January 2024

- Provided exemplary clinical services to patients and their families by conducting psychological assessments and executing nonpharmacological treatment plan.
- Collaborated as a member of a multidisciplinary integrated practice in developing and delivering customized management plans for problems of emotional and interpersonal nature.
- Facilitate group therapy sessions for psychiatric patients, sharing circle for addiction patients and psychoeducation sessions for family.

Trainee Clinical Psychologist

Central Institute of Psychiatry, Ranchi | May 2021-May 2023

- Implemented 400+ hours of therapy to aid positive behavioral changes in children, adolescents, and adults with psychosis, neurosis, substance dependence, personality disorders and autism spectrum disorder.
- Assessed personality, intelligence and neuropsychological profiles of around 50+ patients with diverse mental illness and rehabilitated them vocationally.
- Diagnosed 200+ clinical cases and examined their mental status using interview skills and rating scales.

EDUCATION

Central Institute of Psychiatry, Ranchi University

MPhil Clinical Psychology | May 2021-May 2023

Percentage: 71.2%

Dissertation on: "Efficacy of Brief Psychological Capital Intervention in patients with Alcohol Use Disorder"

Banaras Hindu University

MA Psychology | June 2018-November 2020

CGPA: 8.93

Masteral dissertation on: "Tring Tring... Just Kidding: Exploring the Degree and Influence of Smartphone Addiction and Phantom Phone Signals on Mental Health"

Daulat Ram College, University of Delhi

BA Psychology | July 2015-April 2018

CGPA: 8.1

PROFESSIONAL DEVELOPMENT

- January 2025: PESI Acceptance and Commitment Therapy (ACT) Intensive Online Course
- January 2025: PESI Dr. Sue Johnson's Intensive Course in Emotionally Focused Therapy: Attachment-Based Interventions for Couples in Crisis
- January 2025: PESI Advanced ADHD Certification Course: Strategies to Customize Treatment for Every Client
- February 2023: 20 hours workshop by Dr. Bankey Lal Dubey, Somatic Inkblot Society (SIS), India.
- November 2022: 10 hours online Gestalt Psychotherapy training by Prof. Sam Manickam, Wellness and Mental Health Trias, India.
- July 2022: 8 hours online Cognitive and Behaviour Therapy (CBT) training by Connect & Restore, India

KEY SKILLS

- Therapeutic Approaches: Person-Centered Therapy, CBT, MET, DBT, Mindfulness-based approaches, Positive psychology interventions
- Psychological Assessment: Personality, Neuropsychological, and IQ tests
- Individual & Group Therapy
- Crisis Intervention
- Mental Health Education
- Ethical & Legal Standards
- Telepsychotherapy
- Empathy
- Active listening
- Clinical Interview
- Scientific research
- Academic writing

CERTIFICATIONS AND AWARDS

- Licensed Clinical Psychologist [CRR No. A93836], Rehabilitation Council of India, 2023
- GATE XH (Psychology) 2021 - AIR 22
- UGC-NET 2020 qualified for Assistant Professor (e-certificate No.- JUN20U06132)
- CBSE Merit Certificate (2015) - Secured position in National Top 0.1%, Psychology (Class XII)
- Jamuna Dayal Saxena Award (2015) - Highest Marks in Biology (Class XII)

INTERNSHIPS

- 50-hour online Clinical Internship (June 2020) with Sukoon Health and Fortis Healthcare, Delhi
- Clinical Internship (June-July 2019) in Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi.
- Clinical Internship (June-July 2017) in Department of Psychiatry, PGIMER, Sir Ganga Ram Hospital, Delhi.

PRESENTATIONS AND PUBLICATIONS

Research Project (ongoing) | February 2025

"ReDepress: A Cognitive Framework for Predicting Depression Relapse from Social Media" with IIT Bombay.

Paper presentation | May 2024

"Holistic and Alternative Treatment Modalities in Youth with Behavioural Addiction: A Review" presented in the 3rd Annual National Conference of Society for Addiction Psychology (ANCSAP-2024), NIEPVD, Dehradun

Case Report | March 2023

"Methylmalonic Acidemia Masquerading as Rett Syndrome: An Atypical "Neurodegenerative" Variant?" published in Indian Journal of Psychological Medicine.

DOI: <https://doi.org/10.1177/02537176231159916>

Seminar | November 2022

"Freud in the Contemporary World: from Psychoanalysis to Biology" presented in Central Institute of Psychiatry, Ranchi

Case Conference | June 2022

Presented psychological assessment and management of Borderline Personality Disorder (BPD) case organized in Central Institute of Psychiatry, Ranchi

Paper Presentation | January 2018

"Embracing Thy Self: Intervention Techniques to Enhance Body-Image and Self-Esteem Issues of Young Women" at National Conference on Psychological Applications and Interventions: Reaching Out and Making a Difference, Department of Psychology, Daulat Ram College, University of Delhi.

Poster Presentation | March 2017

"Knowledge about Menstruation and Maintaining Proper Menstrual Hygiene Practices in Young Girls: An Intervention Based Approach" at National Symposium and Awareness Program on Lifestyle and Reproductive Health Challenges, Department of Zoology, Biochemistry and Psychology, Daulat Ram College, University of Delhi.

Paper Presentation | March 2016

"Emotional, Social and Educational Adjustment of High School Girls from Different Educational Backgrounds" at Psyquest, Psychology Department Fest, Daulat Ram College, University of Delhi