



PROFILE

NET qualified Clinical Psychologist with 4 years of experience in the mental health industry. I am trained in psychodiagnostics assessment, psychotherapy for neurosis spectrum disorders as recognized by the ICD – 11 and DSM 5. My approach is colored by humanistic-existential philosophies.

CONTACT

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CRR No.:

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MIHUL NARAD

Clinical psychologist

EDUCATION

**M.Phil. | Post Graduate institute of Behavioral and Medical Sciences
October 2020 – September 2022 | 1st Division**

- Assessments: WISC, WAIS, BGT, SSCT, TAT, AIIMS battery, PGI-BBD, NIMHANS SLD, RIBT.
- Individual and group psychotherapy using CBT, REBT, DBT, Biofeedback.
- Dissertation: Development and content validation of a scale.

**Post Graduate Diploma in Guidance and Counselling | Jamia Milia
Islamia | August 2018- June 2019 | 1st Division**

WORK EXPERIENCE

**Skooc | Clinical Psychologist | Full time (48 hours a week)
March 2023–Present**

- Psychotherapy for Adult population focusing on Neurotic disorders, Parenting, and Family Counselling.
- Psychologist at Manipal Hospital.
- Psychologist for Optum Healthcare.
- Mental Health expert in webinar sessions for ProEves.

**Your Dost | Clinical Psychologist | Contractual
May 2020 to October 2020**

Counselling Under Privileged students from a college in Ambala.

**The Mind Research Foundation | Consultant Psychologist | Full time (48
hours a week)
May 2019 to April 2020**

- Psychotherapy and counseling adults for low intensity psychological problems like stress, anxiety, marital conflict.
- Stress Management training workshop at S.D. College, Chandigarh.
- Seminar on techniques of positive parenting.
- Seminar on breaking myths of happiness.

INTERNSHIP AND TRAINING

1. **Institute of Human behavior and Allied sciences, New Delhi** | 2 months
2. **Fortis Escorts, Okhla, New Delhi** | 1 month
3. **Arya Neuropsychiatry and De-addiction center, Chandigarh** | 1 month
4. **REBT 8 hours training by Dr. Jinni K Gopinath**
5. **Trauma informed therapy 12 hours training by Dr. Syam K Ravindran**
6. **CBT by Rohan Pandey (Morphic Minds)**
7. **PGI BBD; Bhatia Battery of intelligence (Dr. Dwarka Parsad)**

ACHIEVEMENTS

1. **NTANET** – qualified for assistant professor.
2. Awarded the **Best Research Paper** award at the NACIACP conference, 2021.
3. **Won 2nd and 3rd place** consecutively in inter college psychology debate competition in Chandigarh.
4. **Head of Logistics** Department, Meraki Fest 2016, MCM DAV College, Chandigarh.
5. Awarded by National Service Scheme (**NSS**) for Special Contribution in 7-day residency camp.
6. High School **Editor**.
7. **Masters in Psychology. International credential evaluation.** Issued Feb 2022 (Credential ID A01276018).

RESEARCH PAPER PRESENTATIONS

1. **Development and content validation of Psychotherapist Self-Assessment Scale**, presented at CPSICON, NIMHANS, 2023.
2. **Emotional health of people during covid-19 2nd wave**, presented at NACIACP, 2021.
3. Comparing students on **Emotional Intelligence, Psychological Capital and Flourishing**, presented at the International psychological science congress, 2018 at Punjab University, Chandigarh.
4. **"Perceived role stress in relation to sex role personality traits and conflict handling styles of School Principals and Primary teachers"** presented at the *International Psychological Science Conference*, 2017, Chandigarh.
5. **"Relationship between depression, loneliness, and attachment styles of late adolescent students with working mothers"** presented at the *2nd international and 4th national psychological science congress*, 2016, Chandigarh.