

Megha Rawal

Clinical Psychologist



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📍 Delhi, India

👤 PROFILE

Keenly interested in DBT, I blend compassion, structure, and insight to create impactful, client-centered sessions. While grounded in evidence-based methods, I often go beyond the book—adapting or creating effective tools as needed to support real, lasting change both in and beyond the therapy room.

🎓 EDUCATION

BA (Hons.) in Psychology

PDM University

2018 – 2021

MSc in Clinical Psychology

SGT University

2021 – 2023

🧠 SKILLS

- Empathy and Active Listening
- Case Formulation and Treatment Planning
- Patience and Emotional Resilience
- Building Therapeutic Rapport
- Customized Psychoeducational Exercises

📄 CERTIFICATES

- Psychological Conference for Research Paper at Punjab University, Chandigarh (2019)
- International conference on Psychosocial Implications in Health and Well-Being: Looking Beyond Boundaries (2022)
- Workshop on Positive Parenting (2023)
- Workshop on Mastering Psychological Tests (2024)
- Workshop on Career Pathway in Psychology (2024)

📖 PUBLICATIONS & PROJECTS

Psychological Well-Being And Distress Among Women With Polycystic Ovary Syndrome (PCOS)

2023 – 2024

Duration of Polysystic Ovary Syndrome (PCOS) and Quality of life, Emotional health and Stress

2022 – 2023

💼 PROFESSIONAL EXPERIENCE

Junior Psychologist

Sharma Childcare Centre

2023 – 2024 | Delhi

- Assisted in **15+ psychological assessments and initial client screenings** under supervision while observing therapy sessions to learn practical counseling techniques.
- Maintained patient records, prepared case summaries, and conducted psychoeducation sessions on stress management.

Psychology Intern

Emerge Clinic

2022 – 2023 | Delhi

- Assisted in **10+ psychological assessments and client screenings** under supervision while observing therapy sessions.
- Maintained records, prepared case summaries, and conducted stress management psychoeducation.

Psychology Intern

Bal Sahyog

2018 | Delhi

- Provided counseling, conducted assessments, and facilitated group therapy for **20+ children** from vulnerable backgrounds.
- Collaborated with a multidisciplinary team and engaged in outreach to promote mental health awareness.