



RASHMI PRAKASH

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PROFESSIONAL SUMMARY

Compassionate and hardworking Clinical Psychologist dedicated to providing high-quality mental health services. Committed to ethical practice, client-centered care, and evidence-based interventions to support psychological well-being and personal growth.

Dedicated Clinical Psychologist with an MPhil in Clinical Psychology and 4 years of experience as an ABA therapist. Highly skilled in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Rational Emotive Behavior Therapy (REBT), Applied Behavior Analysis (ABA), Mindfulness-Based Cognitive Therapy (MBCT), and Motivational Enhancement Therapy (MET). Adept at conducting psychological assessments, therapy planning, and research-driven interventions.

EDUCATION

MPhil in Clinical Psychology
[RGUHS] | [2025/January]

Masters in Psychology
[Bangalore University] | [2018/May]

WORK EXPERIENCE

ABA Therapist

[Samvaad] | [Duration: 3years]

- Provided behavioral therapy for children with autism and other developmental disorders.
- Designed individualized intervention plans using ABA principles.
- Conduct Functional Behavior Assessments (FBA) to develop individualized treatment plans tailored to each client's needs.
- Implement evidence-based ABA techniques to teach communication, social, and daily living skills while reducing challenging behaviors.
- Collect and analyze behavioral data to monitor progress, adjust interventions, and ensure effective treatment outcomes.
- Provide parent and caregiver training to equip families with strategies for reinforcing positive behaviors at home and in the community. - Trained and guided parents, caregivers, and educators for home-based behavioral support.

Clinical Internship

[Manasa Nursing Hospital/RGUHS] | [2 years]

In my clinical psychology training, I gained hands-on experience through supervised internships in hospitals, child center, deaddiction unit and rehabilitation centers, working with diverse client populations. I conducted psychological assessments, including diagnostic interviews, cognitive testing, and behavioral observations. I implemented evidence-based interventions such as Cognitive Behavioral Therapy (CBT), Applied Behavior Analysis (ABA), and psychotherapy to support clients with various psychological concerns. Additionally, I participated in case supervision and peer discussions, ensuring ethical practice, professional growth, and competency in real-world clinical settings.

RESEARCH & PUBLICATIONS

- Compassion Fatigue, Burnout, and Subjective Well-being Among Mental Health Professionals – [Publication/RGUHS website]

KEY SKILLS

- Psychological Assessments & Diagnosis
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Rational Emotive Behavior Therapy (REBT)
- Applied Behavior Analysis (ABA)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Motivational Enhancement Therapy (MET)
- Research & Data Analysis
- Mental Health Awareness & Advocacy

LANGUAGES SPOKEN

- English
- Kannada
- Hindi
- Tamil
- Telugu