



SHRADDHA UPADHYAY

Rehabilitation / Clinical Psychologist

ABOUT ME

Rehabilitation / Clinical Psychologist | Expertise in CBT, ACT, BT, ABA, DBT | Experienced in teaching and supervising psychology students and interns | Committed to client-centred, evidence-based care and multidisciplinary collaboration

CONTACT

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ACHIEVEMENTS

- Qualified State Eligibility Test (SET) in Psychology (Roll no. - 104697)

SKILLS

- Clinical Assessment and Diagnosis
- Teaching experience with B.Sc. students and interns during M.Phil. at NIEPVD
- Therapeutic Modalities
- Crisis Intervention and Risk Assessment
- Collaboration and Multidisciplinary Teamwork
- Empathetic Communication
- Treatment Planning

LANGUAGE

English- Full Professional Proficiency

Hindi- Native/Bilingual fluency

EDUCATION

M.Phil. Rehabilitation Psychology - National Institute for the Empowerment of Persons with Visual Disabilities (NIEPVD), Dehradun (2023–2025; Pre CRR No. P-2505211447-SV23150003)

M.A. Clinical Psychology - Devi Ahilya Vishwavidyalaya (DAVV), Indore (2020–2022)

B.A. (Hons) Psychology - Institute for Excellence in Higher Education, Bhopal (2017–2020)

EXPERIENCE

Assistant Psychologist – Samarth Psychotherapy & Counselling Centre, Indore

- Individual therapy and psychological assessments using evidence-based approaches
- Case formulation and treatment planning with senior psychologists

Tele Manas Counsellor – Mental Hospital, MGM Medical College, Indore (Oct 2022 – Oct 2023)

- Tele-counselling, crisis intervention, suicide prevention support
- Psychoeducation sessions and public awareness campaigns

M.Phil. Training – NIEPVD, Dehradun (2023–2025)

- Therapy, assessments, and interventions for individuals with psychological and developmental disorders
- Lectures and practical training for B.Sc. students and interns
- Provided screenings, assessments, and psychoeducation in schools and remote Uttarakhand communities.