



DR. RUPAL SHAH

Sr. Licensed Psychologist & Psychotherapist

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New Delhi



PROFESSIONAL SUMMARY

A licensed Clinical Psychologist and Psychotherapist with 15+ years of experience in psychological assessments, counseling, and psychotherapy. Holds a Ph.D. in Health Psychology and specializes in treating neurodevelopmental, emotional, and behavioral issues in children, adolescents, and adults. Currently a Senior Clinical Psychologist at Sarvodaya Hospital, skilled in CBT, REBT, mindfulness, and family therapy. Serves as a key faculty member at Annamalai University, teaching counseling and spiritual health. Dedicated to mental well-being, conducts workshops and supervises clinical internships.

EDUCATION

Certificate course in Marital and Family therapy (2020)

Ph.D. in Health Psychology – DAVV, Indore (2014)

Thesis: Effect of Rajyoga Meditation on Well-being among Hypertensive, Diabetic, and CAD patients

P.G. Diploma in Rehabilitation Psychology – RCI, Delhi (2018)

P.G. Diploma in Counseling and Hypnotherapy – Annamalai University (2016)

M.A. in Clinical Psychology – Global University (2010)

B.A.M.S. – Panchvati Ayurveda College, Nashik (2001)

WORKSHOPS & CERTIFICATIONS

- Psychoeducational assessments, Career guidance, Behavioral modification, Art therapy, Play therapy.
- Suicide prevention, Sex education, Research methodology, SPSS & CSPro, Randomized trials (2012-2022)
- CBT, REBT, DBT, ERP, HYPNOTHERAPY, marital and family therapy

ACHIEVEMENTS

- Awarded "Swasth Shri" National Award (2014)
- Best Paper Award – Three Dimensional Health Care Advices on Psychological Risk Factors of CAD Patients (2011)
- Presented papers on Rajyoga Meditation in national psychology conferences.

PUBLICATIONS

- Four research papers in National Journal of Positive Psychology and Phonix International Journal.

SKILLS & INTERESTS

- Computer Skills: MS Office, Photoshop
- Hobbies: Singing, playing Casio, reading, traveling, meditation.

WORK EXPERIENCE

Sr. Clinical Psychologist April 2024 - Present

Sarvodaya Hospital, Greater Noida West

- Conduct psychological assessments (IQ, ADHD, Autism, TAT, CAT, DAPT, SCT, 16PF, neuropsychological assessment, various scales etc etc.) for children, adolescents, and adults.
- Provide therapy for emotional, behavioral, and psychological issues using various approaches like CBT, REBT, mindfulness, and family therapy.
- Conduct workshops on topics like stress management, parenting, life skills, and mental health awareness.
- Expert in child assessment and Marital/Family counseling

Clinical Psychologist 2023 – 2024

Neuropsych Centre and Venkateshwar Hospital, Dwarka

- Provided psychological counseling and assessments for patients with depression, anxiety, OCD, and other mental health issues.
- Worked closely with medical teams to offer holistic mental health support for in-patients and out-patients.
- Managed therapy sessions for individuals and families, focusing on cognitive and behavioral interventions.

Consultant Licensed Rehabilitation Psychologist 2009 – 2022

Global Hospital Trauma Centre, Rajasthan

- Provided psychological care to both in-patient and out-patient departments, working with individuals suffering from developmental, emotional, and psychiatric issues.
- Managed the de-addiction project for two years, providing counseling and rehabilitation for addiction recovery in Sirahi district.
- Conducted regular workshops on stress management, emotional well-being, and mental health for hospital staff and the public.

Visiting Psychologist 2017 – 2022

Airforce station, Mount Abu, Rajasthan

- Provided psychological counseling and therapy services to Air Force personnel and their families.
- Delivered workshops on stress management, mental health, and emotional well-being.
- Conducted psychological assessments for military personnel as part of their wellness programs.

Part-time School Counselor 2022 – 2023

Shree Venkateshwar School, Dwarka

Private Practice 2022 – 2024

Dwarka, Delhi