



DIVYA PRASAD

CLINICAL PSYCHOLOGIST
(RCI REGISTERED)

CONTACT

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LANGUAGES

- Hindi
- English
- Basic understanding of Bhojpuri, Haryanvi & Punjabi.

SKILLS

- Empathetic & Active Listening
- Good observation skills
- Creative
- Teamwork

PROFESSIONAL PROFILE

An enthusiast RCI registered Clinical Psychologist trained & specialized in Psychometric assessment & Psychotherapy management of various mental health related concerns while emphasizing the use of an evidence-based & eclectic approach in practice.

EDUCATION

Name of Institute	Course	Year of Passing	Grade/ Percentage
Amity University, Haryana	M.Phil. Clinical Psychology	2022	7.5
Maharshi Dayanand University (MDU)	M.A. Psychology	2020	8.7
Shree Guru Gobind Singh Tricentenary University (SGTU)	B.Sc. Clinical Psychology	2018	7.5
Mother's Global School	12th (CBSE)	2015	71.2 %
Mother's Global School (Formerly Mother Teresa Public School)	10th (CBSE)	2013	8.4

WORK EXPERIENCE

• Mind Plus Healthcare Pvt. Ltd., Punjab (December 2022 till present)

- Providing individual & tailored psychotherapy to Inpatients & Outpatients.
- Case history taking & conducting all psychometric assessments.
- Making the comprehensive Bio-psycho-social formulation for individual clients for treatment program.
- Conducting the group sessions (psychological) inward.
- Seeing all walk-in and follow-up patients for psychological services.
- Family interventions.
- Taking care of the work plan and responsibilities of other trainees and junior psychologists.
- Ward Management.
- Conducting workshops for employees of the Mind Plus & other associated organisations.
- Writing mental health related blogs for official website.
- Making plans for further up-gradation of psychological services.

TRAINING & INTERNSHIP

- **Civil Hospital, Gurugram (March-October 2022)**, training included clinical interviewing, history taking, report writing, psychometric assessments, implicating tailored management plan using various psychotherapy approaches like Cognitive-behaviour therapy, Dialectical Behaviour Therapy, Mindfulness based stress reduction, etc.
- **Citizen hospital, Gurugram (March-September 2021)**, training included clinical interview, history taking, report writing & applying various psychometric assessments.
- **50- hour Online internship at Fortis (July 2020)** included attending online theory classes, application based assignments, reading & critical analyses of relevant research papers & an experiential project.
- **Amar Jyoti Charitable trust, East Delhi (March 2017 - April 2017)** included observation of children with specific needs in early intervention unit, occupational therapy, speech therapy & pre-vocational departments, observation of counseling sessions with families of client, administration of psychometric assessments like VSMS & SFBT.
- **Adharshila Observation Home for Boys - II , Sewa Kutir, GTB Nagar, Delhi (September 2017- November 2017)** included history taking, report writing, observing individual sessions with client & group sessions with family members, conducting group activities.
- **CIMBS- Delhi Psychiatry Centre, East Delhi (August 2016- November 2016)** included observation, history taking & assessments of outdoor & indoor patients, mental status examination, group counseling , conducting day care activities & ward rounds.

RESEARCH & PROJECTS

- Research work as part of M.Phil. curriculum on topic "Relationship between Binge-Watching, Binge-Eating, Intolerance of Uncertainty & Self-Connection".
- Participated in National Mental Health Programme , Gurugram (2022).
- Participated in the community project "Swa- Prerit Adarsh Gram Yojna" in Budhera village, Gurgaon for 1 month (1 June – 30th June , 2016).

WORKSHOPS & CONFERENCE

- Participated in International Conference of Indian Academy of applied Psychology (IAAP-2018)
- Participated in Campus mental health , Sensitization series 1 by roundglass peace (2018).
- Participation in one day workshop on "successful living" & on "Communication : broadening one's horizon" organized by Department of Psychology, Maharshi Dayanand University (2018).
- Participation in workshop on "Positive youth development" & "Quantitative vs Qualitative Researches conducted by Prof. Dr. Balan Radhakrishnan (2019).
- Participation in workshop on Hypnosis Therapy & Cognitive Drill Therapy by Dr. Rakesh Kumar (2019).
- Attended online workshops on "Introduction to Psycho-oncology, Fashion psychology, Sports psychology & Art in therapy organized by department of mental health & behavioural sciences, Fortis healthcare limited (2020).
- Attended online workshops on "Introduction to psychotherapy, Introduction to positive psychology & Introduction to music & movement in therapy"organized by department of mental health & behavioural sciences, Fortis healthcare limited (2020).
- Attended online workshop on Rorschach Inkblot test organized by department of mental health & behavioural sciences, Fortis healthcare limited (2021).
- Attended Workshop on Specific Learning Disability By Dr. Uma Hirisave, NIMHANS (March 2022).
- Participation in workshop on Couple's Emotion Focused Therapy by Dr. Shruthi Kalra, Consultant Clinical Psychologist, VIMHANS (Feb 2022).

HOBBIES

- Art & Craft
- Reading