

PRIYA CHOUDHARY

Counselling Psychologist / Mental Health Practitioner / Researcher

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About Me

Aspiring Psychologist with Postgraduate in Clinical and Counselling Psychology. Hands on experience through internships at renowned organizations and active involvement in mental health outreach with NGOs. Passionate about understanding human behavior and emotional well-being, with a strong academic foundation and published Scopus indexed research papers exploring diverse psychological themes. Skilled in empathetic listening, psychological assessment, and creating supportive environments for individuals from underprivileged backgrounds. Driven to apply psychological insights to foster personal development and societal well-being.

Skills

- Cognitive Behavioral Techniques (CBT).
- Trauma-based DBT
- Mental State Examination (MSE)
- Research Methodology / Analytics
- Rapport building
- Rational Emotive Behavioural Therapy
- Solution focused therapy
- Emotional Focused therapy
- Graphology (Signature Analysis)
- SPSS (Statistical Package For Social Sciences)

Work Portfolio

work sample

Certificates

certificates

Professional Experience

Lovely Professional University, Counselling Psychologist Intern

Jan 2025 - April 2025

- Provided individual counselling for 5+ university students, applying therapeutic techniques to address emotional and behavioral issues.
- Designed and conducted an LGBTQ+ awareness workshop to foster inclusivity and support mental well-being on campus.
- Led a campus-wide mental health awareness campaign, promoting psychological literacy and destigmatization.
- Composed detailed Mental Status Examination (MSE) reports, enhancing clinical documentation and diagnostic skills.
- Conducted ABA workshop and school/ university-based applicability of its principles
- Received hands-on training in Rational Emotive Behaviour Therapy (REBT), Solution-Focused Therapy (SFBT), and Emotion-Focused Therapy (EFT).

Wellbeing Help, Psychology Intern, Gurgaon

May 2024 - Jan 2025

- Conducted comparative analysis for psychological analysis befitting 10+ clients.
- Developed psychological intake, registration and mental seat examination and case histories for 10+ clients.
- Practiced and demonstrated hypnotherapy sessions.
- Facilitated role playing session among other colleague to enhance counselling sessions for client.

Avaesa, part-time Research & Development, Chennai (Remote)

Sep 2023 - April 2024

- Conducted in depth research on industrial psychology to enhance employee onboarding modules and seminar content.
- Developed intervention modules focused on workplace well being and organisational effectiveness.
- Created and maintained structured clinical syndrome databases for client records and analysis.
- Researched behavioural patterns on habit formation and consistency, contributing to tailored modules for corporate clients.

Career Domain, Psychology Dept, Mumbai

Nov 2022 - Jul 2023

- Led a career counseling initiative and broadcasted across 800+ schools in Mumbai, promoting informed academic and career choices.
- Supervised cross-functional teams including Psychology, Public Relations, and Digital Marketing departments.
- Gained hands on experience in AI-based career counselling tools and applied principles of educational psychology.

RESEARCH PROJECTS/ PUBLICATIONS

- Research paper on **Neurodivergence in Social Media** accepted and presented to an **audience of 300+ international delegates at the ICPCE Conference, Philippines** (virtual).
- Published research paper on Inclusiveness & National policy in skill development in **Scopus indexed publication.**
- Conducted exploratory research on cyberbullying in university for students.

Education Background

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|---------------------------------|-----------------|--------------|---|
| • M.A. (Clinical Psychology) | | 2023-Present | Lovely Professional University, Punjab |
| • B.A. (Psychology & Sociology) | CGPA 8.1 | 2020-2023 | Lovely Professional University, Punjab |
| • Senior Secondary (XII, Arts) | 88% | 2019-2020 | Kendriya Vidyalaya, Air Force Station, Punjab |