

PRERNA CHOWDHURY



Guwahati, India 781022



+916901362739



prernachoudhury1@gmail.com

PROFESSIONAL SUMMARY

As a psychologist, my primary focus is on understanding human behavior, emotions, and mental processes to help individuals achieve greater well-being and overcome challenges in their lives. I have a deep fascination with the complexities of the human mind and the factors that shape our thoughts, feelings, and actions. While my training encompasses a range of modalities, I have a particular affinity for cognitive-behavioral therapy (CBT) and its emphasis on identifying and modifying unhelpful thought patterns and behaviors. Fundamental to my approach is building a strong therapeutic alliance based on empathy, trust, and collaboration. I strive to create a non-judgmental and supportive environment where clients feel comfortable exploring their innermost thoughts and emotions openly and honestly. In addition to individual therapy, I am also skilled in conducting psychological assessments and evaluations. By administering standardized tests and gathering comprehensive information, I aim to provide accurate diagnoses and develop tailored treatment plans that address each client's unique needs and circumstances.

WORK HISTORY

CBT Intern, 04/2024 - Current

Cognizavest, India

- Case Conceptualization
- Cognitive Restructuring
- Acquiring strategies to increase clients' engagement in rewarding and meaningful activities, thereby improving their mood and overall well-being.
- Mindfulness and Relaxation Techniques
- Interpersonal Effectiveness:
- Goal-Setting and Problem-Solving
- Session Structure and Agenda-Setting
- Ethical and Professional Conduct
- Multicultural Competence

Assitant Psychologist, 02/2024 - 03/2024

Geniuslane, London

- Assisted in providing counseling to parent's of children with autism and other learning disabilities online.
- Assisted the lead psychologist doing psychological assessments.
- Assisted the lead psychologist in the diagnosis of learning disabilities.
Provided presentation on Autism online to parents.

SKILLS

- Cognitive Behaviour Therapy (CBT)
- Behavior Analysis
- Cognitive Restructuring
- Rapport Building
- Critical Thinking
- Patient Counseling
- Active Listening
- Relationship Building
- Attention to Detail
- Excellent Communication

- Had a first hand experience in dealing with children suffering from autism and other learning difficulties.

Teaching Assistant in Special Education Needs Schools, 12/2023 - 02/2024

Prospero Teaching, London

- **Worked with students of age group 5 - 20 years having different levels of autism along with various other learning difficulties.**
- **Created a safe and friendly atmosphere for students well-being.**
- **Helped students with learning materials along with physical and verbal support.**
- **Offered constructive feedback on student assignments, helping them refine their writing skills and comprehension.**
- **Collaborated with fellow teaching assistants to create a consistent and supportive learning environment for students.**
- **Supported classroom activities, tutoring, and reviewing work.**
- **Facilitated activities in small groups to reinforce concepts taught by class teacher.**
- **Monitored student behavior in classes, laboratories and on field trips for unsafe or rule-breaking concerns.**

Volunteer Support Worker, 07/2023 - 08/2023

Hillingdon Brain Tumour Group, London

- Used attentive listening and excellent problem solving throughout patient therapy sessions
- Maintained excellent client relationships by providing a helpful, supportive, friendly and proactive approach
- Assisted support workers provide care, support and guidance to those struggling with mental health issues
- Held and coordinated focus groups with clients by encouraging group discussions to help improve mental well-being
- Interviewed clients to determine mental health struggles and write notes for medical professionals' reference.

Clinical Psychology Intern, 02/2021 - 03/2021

Chandamita Baruah (RCI Registered)

- Helped Lead Psychologist formulate, diagnose and plan treatment options for clients
- Provided individualized treatment and advice for clients based on presenting issues and disorders
- Screened potential clients and conducted clinical interviews to understand clients needs
- Participated in regular clinical supervision to improve psychotherapy skills and troubleshoot client issues.

Clinical Psychology Intern, 08/2020 - 09/2020

Cognizavest

- Learned to take Psychological History and do Mental Status Examination (MSE) of the clients
- Helped Lead Psychologist formulate, diagnose and plan treatment options for clients
- Enhanced working relationships by participating in team-building activities

- Provided individualized treatment and advice for clients based on presenting issues and disorders
- Developed comprehensive knowledge and skills in application of CBT and psychotherapy approaches.

EDUCATION

Master of Science, Cognitive and Clinical Neuroscience, 12/2023

Brunel University London - Uxbridge, London

- Grade: pass
- Dissertation: Relationship between Hostile Attribution Bias, eye correction and non-eye correction during inter-personal synchronization using EEG
- Completed Coursework: Cognitive Psychopharmacology and Addiction, Cognitive Rehabilitation and Plasticity, Research Methods and Statistics, Clinical Neuroscience and Core topics, Lab Report, A written account of the results of a given fMRI data set using Brain Voyager.

Bachelor of Arts, Applied Psychology, 11/2022

THE ASSAM ROYAL GLOBAL UNIVERSITY - Guwahati, Assam

- Grade: First Division with Distinction
- Dissertation: Relationship between Psychological Stress and its influence on the Coping Ability of Adults.
- Final Grade: 9.6 (CGPA)
- Recipient of Silver Medal, November 2022
- Completed Coursework: Developmental Psychology, Statistics, Bio-psychology, Abnormal Psychology, Social Psychology, Organizational Psychology, Child Psychology, Research Methodology, Counseling psychology, Sports Psychology, Positive psychology, Practicals, Communicative English.