

Pratiksha Mishra

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WORK EXPERIENCE

- Psychology**
7 Cups, Virtual

Sep 2024 - Present

A strong ability to understand and relate to others' perspectives. Skilled in building rapport and establishing trust through compassionate communication. Adept at creating a supportive environment that encourages open and honest dialogue.
- Clinical Psychology Intern • Internship**
Serenity Mind Space, Virtual

Aug 2024 - Sep 2024

Hands-on experience in administering psychological tests, developing plans, supporting therapeutic interventions under supervision. Practical experience in case management, research, group therapy facilitation, adhering to ethics in clinical setting.
- Content Writing**
Medium, Virtual

Jun 2024 - Present

Adept at researching and delivering compelling content that aligns with brand voice and marketing objectives. Proficient in editing, proofreading, using content management systems to enhance presence and engagement.
- Teaching**
Self Employed, Kalyan

Jul 2021 - Sep 2022

Independently taught financially disadvantaged students. Developed and implemented personalized lesson plans to address individual needs. Utilized creative teaching methods to engage students with limited resources.

EDUCATION

- Masters In Psychology, Psychology**
K. V. Pendharkar College

2024 - 2026
- Bachelor of Psychology, Arts**
K. V. Pendharkar College

2021 - 2024

TRAININGS / CERTIFICATIONS

- Identifying Early Signs Of Psychosis In Adolescents And Young Adults**
Aug 2024

Stanford University, Virtual

Stanford University - Online Course Identifying Early Signs of Psychosis in Young Adults and Adolescents Acquired skills in recognizing early warning signs of psychosis in adolescents and young adults. Gained knowledge in differentiating between typical adolescent behavior and early psychosis symptoms. Developed intervention strategies for early detection and referral to mental health services. Enhanced understanding of mental health awareness and prevention measures for psychosis.
- General Psychiatric Management Of Borderline Personality Disorder**
Jul 2024 - Aug 2024

Harvard Medical School, Virtual

Completed advanced training in General Psychiatric Management (GPM) for Borderline Personality Disorder. Achieved all A grades in course assessments. Gained expertise in evidence-based, clinically effective treatment strategies. Developed skills in patient management, crisis intervention, and therapeutic alliance building. Trained in integrating GPM into clinical practice for improved patient outcomes.
- Introduction To Psychology (Certification)**
Jul 2024

Yale University, Virtual

This course by professor Paul Bloom of Yale University covers fundamental topics in psychology, including: Foundations of Psychology: The history, methods, and ethical considerations in psychological research.Biological Basis of Behavior: How the brain and nervous system influence behavior.Sensation and Perception: How we experience and interpret the world around us.Cognition: Processes involved in thinking, memory, and language.Development: How people grow and change throughout their lifespan.Social Psychology: How individuals influence and are influenced by others.Clinical Psychology: Mental health issues, their diagnosis, and treatment.
- REBT Workshop**
Feb 2024

Manas Psychological Health Centre, Dombivli

It was an extremely insightful workshop and helped me understand what REBT is as well as other therapies we use in psychology. It gave us detailed information about what people do as psychologists with regards to patients and were demonstrated as such with live case discussions with professional psychologists.

PROJECTS

[Mental health page \(@pratus.psyche\)](#) ↗

Apr 2024 - Present

It is a mental health related social media page that helps connect people to one another as well as come forward and understand various topics that will help them in day to day life with understanding their and their loved ones mental health

SKILLS

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|--------------------------------|---------------------------------|-------------------------------|
| • English Proficiency (Spoken) | • English Proficiency (Written) | • Canva |
| • Creative Writing | • Hindi Proficiency (Spoken) | • Teaching |
| • MS-Word | • Content Writing | • Marathi Proficiency(Spoken) |

EXTRA CURRICULAR ACTIVITIES

- Volunteered at a unicef based charity event for disabled children.
- Led a team of 5 individuals for an interactive presentation for a psychology related event in college.
- Editor and later head editor of college magazine in my 1st and 2nd year of college.

ADDITIONAL DETAILS

- Secured gold medal and ranked 1st in my entire school in science Olympiad organized by Silverzone Olympiads.
- Have various certifications in anchoring and public speaking and well as anchored and hosted various programmes in my school and college.
- Taught kids from slums/ financially poor backgrounds for free.