

Prerna Mittal

Psychologist / Content Writer/ Research Intern

Personal details



Prerna Mittal



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Languages

English

Hindi

Skills

Research Methodologies

Psychological Assessment

Data Collection and Management

Literature Review

Ethical Guidelines

Statistical Software (SPSS)

Content Writer

Research Intern

Profile

Dedicated and passionate psychology student specializing in therapeutic approaches and experience design in a clinical context. proficiency with data analysis, psychological testing, and research methods. Possess a strong sense of cooperation, are excellent at contributing, and are skilled at creating a collaborative atmosphere in multidisciplinary teams.

Education

High school

GD Goenka International School, Sonipat, Haryana

2018 - 2020

Bachelor of Science in Home Sciences and Child Development

Lady Irwin College, Delhi University

2021 - 2023

M.A Clinical psychology

Amity University, Noida

2023 - 2025

Experience

Makeup artist

Jan 2024 - Mar 2024

- Certificate makeup artist from Lakme Academy
- Completing a makeup artist course at Lakme Academy was an enriching experience, providing comprehensive training in both basic and advanced makeup techniques.
- The curriculum covered a wide range of skills, including bridal makeup, fashion makeup, and special effects.
- Hands-on practice with industry-standard products and tools, combined with expert guidance from experienced instructors, ensured a thorough understanding of professional makeup artistry.
- This training has equipped me with the technical skills and creative flair needed to excel in the beauty industry.

The Blind Relief Association

- Enhanced empathy through direct interaction with visually impaired individuals .
- Developed inclusive communication skills to ensure accessibility for all.
- Cultivated adaptability and problem-solving abilities in a dynamic environment.

Vardhman Counselling Cell

Contributed to a variety of psychology research and counselling psychology projects, including data collecting, participant recruiting, literature searches, and research proposal preparation. Assist with experiment design and stimuli, and provide substantial contributions to research papers and presentations, demonstrating rigorous attention to detail and proficient writing abilities.

- Efficiency recruited and scheduled 20+ participants for experiments, maintaining a 90% Attendance rate through effective communication and rapport formation.
- Rather than confronting clients' views and values head-on, a psychologist should help progressively understand how and why their illogical beliefs may be harmful.

Mind Ease clinic

Jan 2024 - Mar 2024

B-51 (first floor) Amar Colony, Lajpat Nagar IV, New Delhi, Delhi 110024

- Working at Mind Ease Clinic provided valuable experience in a psychologist clinic, blending clinical exposure with content writing, research, patient assessments, and observations.
- I assisted in developing informative and engaging content for patient education and clinic promotions.
- Additionally, I conducted thorough content research, participated in patient assessments, and observed patient interactions and therapeutic sessions, which enhanced my understanding of psychological concepts and patient care practices.

The Evolve Clinic

May 2024 - Jun 2024

- I gained extensive experience in a clinical psychology setting.
- I conducted patient assessments using tools like the Millon Clinical Multiaxial Inventory (MCMI) and the Minnesota Multiphasic Personality Inventory (MMPI), as well as IQ tests for children, including the Wechsler Adult Intelligence Scale (WAIS) and the Bhatia Battery.
- I was responsible for diagnosing patients, providing counseling, and delivering therapy sessions.
- Additionally, I developed informative content for patient education and collaborated on research papers under the guidance of a psychiatrist.
- This hands-on experience, including observing and participating in patient interactions and therapeutic sessions, significantly enhanced my understanding of psychological concepts and patient care practices.