



Dr Pragnaben Desai

PSYCHOLOGIST & PSYCHOTHERAPIST

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SUMMARY

An expert in clinical psychology with a Ph.D. and extensive experience in treating substance use disorders, eating and behavioral disorders, psychosexual dysfunction, marital conflicts and complex therapeutic challenges. Specializes in psychometric assessments, clinical research, and crafting evidence-based interventions that deliver measurable improvements in treatment outcomes. Proficient in psychological evaluations, individual, couple and group therapy, and designing customized treatment plans tailored to unique client needs. Skilled in applying innovative, research-backed techniques to enhance mental health and support sustainable marital harmony and addiction recovery. Demonstrates a proven ability to develop and implement effective intervention strategies that foster enduring emotional well-being and mental health resilience.

EDUCATION

DOCTORATE OF PHILOSOPHY

SARDAR PATEL UNIVERSITY, INDIA 2024

POST GRADUATE DIPLOMA IN REHABILITATION PSYCHOLOGY

GUJARAT UNIVERSITY 2018

MASTER OF ARTS (PSYCHOLOGY)

MAHARAJA SAYAJIRAO UNIVERSITY 2015

BACHELOR OF ARTS (PSYCHOLOGY)

MAHARAJA SAYAJIRAO UNIVERSITY 2012

EXPERIENCE

PSYCHOLOGIST – VISITING CONSULTANT

GUJARAT NATIONAL LAW UNIVERSITY, Gandhinagar March '24 – March '26

- Provided individual and group counseling to students addressing stress, anxiety, depression, burnout, and adjustment challenges
- Conducted psychological assessments to identify emotional, behavioral, and academic concerns
- Delivered crisis intervention and suicide risk assessment, ensuring timely support and referral services
- Designed and facilitated mental health awareness programs, workshops, and preventive interventions on campus

PSYCHOLOGIST – VISITING CONSULTANT

15BRD and 47SU AIRFORCE STATION, Ahmedabad Jun 2023 – March 2026

- Conduct mental health evaluations and therapeutic sessions for Air Force personnel.
- Providing crisis intervention and developing mental health programs and workshops.
- Assessed and managed psychological comorbidities and addiction risks, including relapse potential among serving persons and family

PSYCHOLOGIST – VISITING FACULTY

PARIS FOUNDATION, INDIA Jan 2021 – March 2026

- Train and mentor psychology students and professionals in projective testing techniques.
- Conduct workshops and seminars on advanced psychological assessment methods.
- Evaluate and improve the training programs based on feedback and outcomes.
- Provide post workshop support in order to grow with application of learning.

PSYCHOLOGIST – VISITING CONSULTANT

CITY PLUS HOSPITAL, Ahmedabad *Apr 2018 – March 2026*

- Working as a clinical and consultant psychologist providing individual and group therapy sessions.
- Conducting psychometric assessments and develop individualized treatment plans.
- Delivered evidence-based interventions including Cognitive Behavioral Therapy (CBT), Relaxation Techniques, and Behavior Modification and therapy.
- Providing Internship to student for observational based learning.

PSYCHOLOGIST – FULL TIME CONSULTANT

NOBESITY BARIATRIC SURGERY CENTRE, Ahmedabad *Jan 2021 - Aug 2024*

- Designed and implemented individualized therapy plans targeting addiction, mental health challenges, and lifestyle modifications.
- Conducted pre- and post-operative psychological evaluations using psychometric tools and direct observation, improving patient compliance.
- Collaborated with multidisciplinary teams to deliver integrated, technology-supported care for substance use and addiction-related challenges.
- Presented research findings at national conferences, focusing on addiction, mental health, and innovative interventions to improve compliance.
- Maintained accurate clinical documentation and psychological records in compliance with healthcare standards
- Published peer-reviewed papers on the psychological factors influencing recovery and compliance among individuals with co-occurring obesity and substance use disorders.

PSYCHOLOGIST – FULL TIME CONSULTANT

ELLORAPARK PVT. LTD HOSPITAL & STERLING HOSPITAL, Vadoodara *Apr 2015 - Mar 2018*

- Conducted structured assessments for individuals with addiction and mental health conditions, utilizing psychometric and behavioral analysis.
- Applied evidence-based therapies, including CBT and REBT, to support recovery from addiction for long-term sobriety and improve coping strategies.
- Coordinated small-scale workshops focused on addiction prevention and the integration of psychological interventions with pharmacological treatments.

PAPER PRESENTED

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- "De-addiction after Bariatric Surgery, How & When?", Guest Lecture, OSSICON, April'22, Bangalore, India.
- "Role of Psychologist in Bariatric Surgery", Faculty Lecture, FALS Bariatric, July'22, Ahmedabad, India
- "Impact of Identity Acceptance on Psychological Well-Being among LGBT community" International Conference of Applied Psychometrics and Tool Construction in Indian Context, August'22, Gujarat University, Ahmedabad, India.
- "Application of Different Therapeutic Interventions for Bariatric Patients with Alcoholism", Session, AIIMS BARICON, October'22, Delhi, India.
- "Evaluation and management of Weight Regain After Metabolic and Bariatric Surgery" Chair Person, AIIMS BARICON, October'22, Delhi, India.
- "A study of whether the social acceptance helps in improving Locus of Control among LGBT" paper presentation at International Seminar on Global perspective on challenges and resolution during Pandemic time: need and innovation held at Department of Psychology Sardar Patel University, Vallabh Vidyanagar, India, in March'23.
- "A case study on Psychological reasons of weight regain and revisional bariatric surgery among patient with obesity" organized by OSSICON, March'23, Mumbai, India.
- "Obesity A Bio-psycho-social Condition: Scope Of Psychological Intervention" Poster Presentation at CPSICON August'23 held at NIMHANS in Bengaluru, India.
- "To study the correlation between pre-operative psychological predictors for compliance in postoperative long-term outcomes among bariatric patients" paper presented in IFSO Sept'23, Napoli, Italy. **Awarded for best Paper with scholarship of \$2500 USD**
- "To Study the Impact of Age on Self-Esteem and Depression Among LGBT Community" Paper Presentation in SPURSM, Vallabh Vidyanagar, India, December'23.
- "Understanding the Intersection of Income, Locus of Control and Depression in sexual minority Groups"

paper presentation at National conference held at Department of Psychology, Sardar Patel University, Vallabh Vidyanagar, India in March'24. Awarded with Best Research Paper.

PUBLICATION

- "Impact of Identity Acceptance on Psychological Well-Being among LGBT community", INDIAN JOURNAL OF PSYCHOLOGY & EDUCATION, July 2023
- "Effect of Community Support on Locus of Control among Sexual Minority Group" Vidhyayana- An International Multidisciplinary Peer-Reviewed E-Journal, February 2024
- "Understanding the Intersection of Income, Locus of Control, and Depression in Sexual Minority Groups" Muktshabd Journal, Volume XIII, Issue IV, April-2024
- "A Case Study on Psychological Reasons of Weight Regain and Revisional Bariatric Surgery among Bariatric Patient" Muktshabd Journal, Volume XIII, Issue VI, June-2024.
- "Understanding the Factors Affecting Psychological Wellbeing in Sexual Minority Groups" Muktshabd Journal, Volume XIII, Issue VI, June-2024.

SKILLS

Psychometric Evaluation including:

- Projective Tests- Rorschach, TAT, CAT
- Personality Tests- 16 PF, EPPI, MMPI, MCMI, etc.
- IQ Tests- MISIC, WAIS, BKT, Bhatia's , Draw-a-man, DST, VSMS
- Neuro-psychological Tests- BGT, PGI-BBD, Finger Dexterity
- Developmental Disorder Screening- ISSA, SNAP-IV, SLD, CARS,

Psychotherapy includes:

- Cognitive Behavior Therapy
- Rational Emotive Behavior Therapy
- Family and Couple Therapy
- Systematic Sex Therapy
- Dialectal Behavior Therapy
- Acceptance Commitment Therapy
- Trauma-informed Therapy
- Queer Affirmative Therapy

Group Sessions:

- Workshops
- Industrial Training
- Awareness Programs

Interest areas for Scientific Writing:

Health psychology, Criminal Psychology, Abnormal Psychology, Trauma & secondary trauma, Minority stress, Addictive behavior and Substance Use disorder, Coping and Defense Mechanism, Tool development

ACTIVITIES

Ex. NCC Cadet Warrant Officer (CWO), represent Gujarat state at National Camp- All India Vayusainik Camp.
Member of Baroda Rifle Club and Junagadh Mountaineering Club
Appeared SSB Interview Twice

KEY STRENGTH:

Leadership Strength
Management and Planning Ability
Active Listener
Positive Attitude with Sense of Responsibility
Tolerance with Calculative Risk Taker