



## Dr. Pragya Rashmi

**Qualification:** MSc, PhD

**Department:** Psychology

**Designation:** Consultant Psychologist

**Languages:** English, Hindi, Telugu, Bengali, Urdu

**Experience:** 26 yrs

### About the Doctor

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Dr. Pragya Rashmi is a Consultant Psychologist at Yashoda Hospitals, Secunderabad.

### Educational Qualifications

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- MSc, PhD

### Services Offered

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- Counselling for Adults & Children
- Counselling for Marital Issues
- Psychological Testing-IQ, Stress, Depression, Anxiety
- Teenage Issues-Aptitude Test, Career Guidance, Adolescence Problems
- Child Psychology-Academic Issues, School Phobia, Learning Disorders, Dyslexia
- Relationship Issues-Pre-Marital Counselling, Conflict Resolution
- Drug and Alcohol Deaddiction-Nicotine, Weed, Alcohol and Other Substance Abuse Disorders
- Master Mental Disorders-OCD, Anxiety, Depression, Bipolar Disorder, Mood Disorder, Psychosis and Schizophrenia

Sucide Prevention

- Psycho Therapy-CBT (Cognitive Behavioral Therapy), REBT (Rational Emotive Behavior Therapy), Insight Oriented Therapy, Mindfulness Therapy
- Employee Assistance Counselling-Work Life Balance

## Awards and Achievements

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- University Topper (2000), Gold Medalist
- Author, Fundamentals of Psychology (2015), Paras Medical Books

## Professional Membership

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- RCI Recognized
- Life Member of American Psychological Association (APA)
- REBT-Albert Ellis Institute, NY (Certified)
- Queer India (LGBT Issues) Member

## Research & Publications

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- Gender Issues
- Attitudes

Profile URL: <https://www.yashodahospitals.com/doctor/secunderabad/psychology/dr-pragya-rashmi/>