

Neema Prakash

530 Church Street, Ann Arbor, MI 48109

(630) 542-3467 | neemapra@umich.edu

EDUCATION

University of Michigan [Ann Arbor, MI]

2021 - present

Doctoral Student in Clinical Science

University of Michigan [Ann Arbor, MI]

M.S. Clinical Science, 2023

University of Michigan [Ann Arbor, MI]

B.S. Biopsychology, Cognition, and Neuroscience, 2021

Minor in Creative Writing – Poetry, 2021

Graduation with highest honors

Cumulative GPA: **3.745/4.0**

Major GPA: **3.908/4.0**

HONORS & AWARDS

2023 Outstanding Graduate Student Instructor Award, University Award, *University of Michigan*

2023 Outstanding Student Teacher Award, *Society for a Science of Clinical Psychology*

2023 Outstanding Graduate Student Instructor Award, Departmental Award, *University of Michigan*

2020 Martha Muenzer Award, *University of Michigan*

2017-21 University Honors, *University of Michigan*

PRESENTATIONS

Prakash, N., Pokowitz, E.L., Votta, C., & Deldin, P.J. (2023, November). *Graduate School & Mental Health: Blunting the Emotional Toll of a Postgraduate Education*. Poster presented at the Association for Behavioral and Cognitive Therapies, Seattle, WA.

Pokowitz, E.L., **Prakash, N.**, Votta, C., & Deldin, P.J. (2023, November). *Mood Lifters for Self-Reported Bipolar Disorder: A Pilot Trial*. Poster presented at the Association for Behavioral and Cognitive Therapies, Seattle, WA.

Prakash, N., Pokowitz, E.L., & Deldin, P.J. (2023, September). *Preventing Anxiety in Graduate Students*. Poster presented at the Society for Research in Psychopathology Conference, St. Louis, MO.

Pokowitz, E.L., **Prakash, N.**, Foster, K., & Deldin, P. (2023, September). *Mood Lifters: A Dimensional Approach to Mental Health Care*. Poster presented at the Society for Research in Psychopathology Conference, St. Louis, MO.

Prakash, N., Votta, C., & Deldin, P. (2022, September). *Mood Lifters in the Real World: Studying the Effectiveness of a Novel Intervention*. Poster presented at the Society for Research in Psychopathology Conference, Philadelphia, PA.

Prakash, N., Votta, C., & Deldin, P. (2019, July). *The Effect of Age and Sex on Emotion Regulation and Perceived Stress*. Poster presented at the MCubed Scholars Research Symposium, Ann Arbor, MI.

PAPERS

Pokowitz, E. L., **Prakash, N.**, Planaj, D., Oprandi, S., & Deldin, P. J. (2024). Mood Lifters for graduate students and young adults: A mixed methods investigation into mechanisms of change. *Behavioral Sciences*. doi: 10.3390/bs14030252

Pokowitz, E. L., **Prakash, N.**, Foster, K. T., & Deldin, P. J. (2024). Mood Lifters: A Dimensional Approach to Mental Health Care. *International Journal of Cognitive Therapy*. doi: 10.1007/s41811-024-00204-5

Prakash, N., Votta, C., & Deldin, P. (2023). Graduate School & Mental Health: Blunting the Toll of a Postgraduate Education. *Journal of Consulting and Clinical Psychology*. doi: 10.1037/ccp0000844

Garg, T., Votta, C.M., **Prakash N.**, & Deldin, P.J. (2023). An investigation into the effectiveness of Mood Lifters in the context of trauma exposure. *Psychological Services*. doi: 10.1037/ser0000789

Prakash, N., Pokowitz, E. L., Votta, C., & Deldin, P. (under review). Mood Lifters in the Real World: Studying the Effectiveness of a Novel Intervention. *Global Journal of Community Psychology Practice*.

Prakash, N., Pokowitz, E.L., & Deldin, P.J. (under review). Peer-Led Intervention for the Prevention of Anxiety in Graduate Students: A Randomized Clinical Trial. *Journal of American College Health*.

RESEARCH EXPERIENCE

Deldin Lab | Graduate Student Research Assistant

SEPTEMBER 2021 - PRESENT | UNIVERSITY OF MICHIGAN

- Work on independent research projects (e.g., coordinated an RCT for an adaptation of the ML program).
- Supervise and mentor undergraduate research assistants on lab data tasks, as well as independent projects.
- Supervise larger, lab-wide projects (e.g., mass data upload).
- Present personal research projects and provides feedback on other lab projects.

Deldin Lab | Undergraduate Student Research Assistant

SEPTEMBER 2018 – SEPTEMBER 2021 | UNIVERSITY OF MICHIGAN

- Assisted with data collection and entry for the Mood Lifters program
- Attended bi-weekly lab meetings to comment on other ongoing research projects
- Presented progress on personal research projects at least one lab meeting per semester

MCubed Scholars Program | Research Assistant

JUNE 2019 – AUGUST 2019 | UNIVERSITY OF MICHIGAN

- Worked on data entry and analysis with Dr. Patricia Deldin for the Mood Lifters project
- Focused on the effect of age and sex on emotion regulation and perceived stress
- Wrote blog posts about research at the University of Michigan
- Created a poster about the effect of age and sex on emotion regulation and perceived stress that was presented at the MCubed Scholars Symposium

TEACHING EXPERIENCE

Project Outreach – Mental Wellness | PSYCH 211.003 | Graduate Student Instructor

SEPTEMBER 2022 – PRESENT | UNIVERSITY OF MICHIGAN

- Created a curriculum for an introductory clinical psychology course.
- Lectured to ~60 students in person and coordinated guest lecturers.
- Created assignments and a final project to enhance learning.

Project Outreach – Mental Wellness Group Leading | 306 | Graduate Student Instructor

SEPTEMBER 2022 – PRESENT | UNIVERSITY OF MICHIGAN

- Worked with a small group of undergraduate students who were selected to be “group leaders” for another class.
- Instructed group leaders on facilitation skills.
- Supervised group leaders on conflicts with students.

Introduction to Abnormal Psychology | PSYCH 270 | Graduate Student Instructor

JANUARY 2022 – APRIL 2022 | UNIVERSITY OF MICHIGAN

- Provided supplemental information on class topics and facilitated relevant discussions.
- Answered student questions about both lectures and discussions.
- Assisted in creating exams.
- Graded exams, papers, and other assignments.

CLINICAL EXPERIENCE

Psychological Clinic | Therapy Practicum Student

Mary A. Rackham Institute

SEPTEMBER 2022 – PRESENT | ANN ARBOR, MI

- Supervisors: Sarah Jonovich, PhD; Michelle Van Etten Lee, PhD; Abby Lucas, MS, TLLP,
- Provide adult outpatient psychotherapy (i.e., CBT, ACT, DBT) to individuals with generalized anxiety, disordered eating, depression, obsessive-compulsive disorder, and ADHD
- Complete comprehensive evaluations, reports, and collaborative treatment plans
- Participate in individual and group supervision sessions every week

University Center for Child and Family | Assessment Practicum Student

Mary A. Rackham Institute

JANUARY 2022 – APRIL 2022 | ANN ARBOR, MI

- Supervisors: Craig Rodriguez-Seijas, PhD
- Completed neuropsychological testing (i.e., WISC-V, WIAT-III, TOVA) for a child being tested for ADHD and potential learning disability
- Wrote a full diagnostic report for the client
- Conducted intake and feedback sessions with client's parents

Mood Lifters | Group Leader and Helper

SEPTEMBER 2018 – PRESENT | ANN ARBOR, MI

- Serve as both a leader and helper in several Mood Lifter groups (a mental wellness program for adults based in education and discussion)
- Help in creating mental health progress reports for participants to receive at the end of the program
- Create modules for the program, including topics like the Four Horsemen and Coping with COVID-19
- Attend weekly supervisions to discuss meetings and any pertinent discussions or comments made by participants, including any possible event that could take away from the program and the participants' experience

Kids Empowerment Program | Group Leader

SEPTEMBER 2019 – APRIL 2021 | UNIVERSITY OF MICHIGAN

- Served as a leader in a mental wellness group for children aged 6-12 based on therapeutic techniques
- Attended weekly supervisions with Dr. Graham-Bermann to discuss ongoing groups and prepare for upcoming groups
- Wrote process notes after every group meeting, taking special note of any disruptions that may interfere with the program and progress of other participants

Mood Lifters for Kids | Group Leader

SEPTEMBER 2019 – APRIL 2021 | UNIVERSITY OF MICHIGAN

- Served as a leader in a mental wellness group for children based on education and group discussion (Mood Lifters for Kids)
- Attended weekly lab meetings with Dr. Graham- Bermann to discuss ongoing groups and prepare for upcoming groups
- Wrote process notes after every group meeting, taking special note of any disruptions that may interfere with the program and progress of other participants

Mood Lifters for Teens | Group Leader

SEPTEMBER 2020 – APRIL 2021 | UNIVERSITY OF MICHIGAN

- Helped in developing and delivering mental wellness group for adolescents based on education and group discussion
- Assisted Dr. Lopez-Duran in transitioning the program to a remote format due to COVID-19 pandemic

COMMUNITY SERVICE

A Brighter Way | Volunteer

JANUARY 2023 – PRESENT | YPSILANTI, MI

- Involved in a mutual aid organization supporting individuals who have recently been released from incarceration
- Involved in “science communication” -- disseminating research findings that may be meaningful to this community