

Neema Prakash

Department of Psychology, University of Michigan

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Education

University of Michigan | Ann Arbor, MI (APA/PCSAS Accredited) Aug 2021 - Present

Doctoral (Ph.D.) Candidate in Psychology (Clinical Science)

Dissertation: *Amplifying Client Voices in Mental Health Care: Perspectives from Black Americans in Flint*

Chairs: Donna Nagata, Ph.D., Jamie Mitchell, Ph.D.

Committee: Jaclynn Hawkins, Ph.D., Craig Rodriguez-Seijas, Ph.D.

University of Michigan | Ann Arbor, MI Aug 2021 - Aug 2023

Master of Science (M.S.), Psychology (Clinical Science)

Master's Thesis: *Graduate School & Mental Health: Blunting the Toll of a Postgraduate Education*

University of Michigan | Ann Arbor, MI Aug 2017 - May 2021

Bachelor of Science (B.S.) in Biopsychology, Cognition, and Neuroscience

Research Interests

My research interests center around increasing the accessibility and acceptability of mental health interventions for minority groups. I have extensive experience in designing and conducting my own research projects, including IRB applications and original data collection. I utilize mixed methods and community-engaged approaches to conduct my research. I also have experience in coordinating and running randomized controlled trials for novel adaptations of mental health interventions. My long-term goal is to work with underserved communities to develop and implement innovative mental health interventions in these settings.

Keywords: accessibility; interventions; community-engaged research; mixed methods; mental health; cultural acceptability; minority groups

Honors & Awards

George Rosenwald Research Award (\$1,000), University of Michigan 2025

This competitive award provides financial support to the worthiest research proposal submitted by a graduate student working with qualitative methods in a psychology program.

United Way Volunteer Honor Roll, Southeastern Michigan 2025

This award recognizes valuable volunteers at non-profit organizations across the

Southeastern Michigan area.

- Claudia Joan Alexander Trailblazer Award**, University of Michigan 2025
This competitive award recognizes an individual or team for the development and implementation of a program that supports equity in STEM at U-M.
- Jay and Kay Peters Award** (\$1,000), University of Michigan 2025
This competitive award provides financial support to graduate students who are working on research projects that center underserved and/or underrepresented communities.
- Outstanding Graduate Student Instructor Award** (\$1,000), University of Michigan 2024
This competitive award recognizes outstanding graduate student instructors across all departments at the University of Michigan.
- Outstanding Student Teacher Award** (\$100), Society for Science of Clinical Psychology 2024
This competitive award recognizes an outstanding graduate student who contributes to clinical psychology through their teaching.
- Outstanding Graduate Student Instructor Award**, University of Michigan 2024
This competitive award recognizes an outstanding graduate student instructor in the department of psychology. This award also nominates the student for the university-wide teaching award.
- Rackham Conference Travel Grant** (\$900), University of Michigan 2023
This award supports graduate students as they present and travel to national and international conferences.
- Rackham Graduate Student Research Grant** (\$1,500), University of Michigan 2022
This award provides funding to pre-doctoral graduate students for ongoing research projects.
- Rackham Conference Travel Grant** (\$900), University of Michigan 2022
This award supports graduate students as they present and travel to national and international conferences.
- Rackham Conference Travel Grant** (\$900), University of Michigan 2021
This award supports graduate students as they present and travel to national and international conferences.
- Martha Muenzer Award** (\$3,000), University of Michigan 2020
This competitive award recognizes outstanding junior women in the Psychology Honors Program.

Peer-Reviewed Publications

*Indicates equal contribution; mentees are underlined

5. **Prakash, N.**, Pokowitz, E. L., & Deldin, P. J. (2024). Mood Lifters for graduate students: Preventing the escalation of anxiety. *Journal of American College Health*, 1-7. doi: 10.1080/07448481.2024.2422324
4. 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
3. *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
2. **Prakash, N.**, Votta, C.M., & Deldin, P.J. (2023). Graduate School & Mental Health: Blunting the Toll of a Postgraduate Education. *Journal of Consulting and Clinical Psychology*. doi: 10.1037/ccp0000844
1. 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

Manuscripts Under Review

Mentees are underlined

1. Pokowitz, E. L., Dominijanni, N. V., **Prakash, N.**, & Deldin, P. J. (in revision). Supporting college student mental health: A pilot investigation into an accessible intervention. *Cognitive Behaviour Therapy*.

Manuscripts in Preparation

Mentees are underlined

1. **Prakash, N.**, Pokowitz, E. L., Waiters, A., Earl, A., & Seifert, C. (in preparation). Designing a mental health course for college students: The utility of experiential learning. Manuscript in preparation.

Invited Talks

Prakash, N. (2025, March). *Amplifying Client Voices in Mental Health Care*. Community Based Organization Partners - Community Ethics Review Board, Flint, Michigan.

Prakash, N. (2025, March). *Amplifying Client Voices in Mental Health Care*. Vivian A. and James L. Curtis Center for Health Equity Research and Training, University of Michigan.

Prakash, N. (2024, October). *My Journey to Clinical Science*. Undergraduate Psychology Association, University of Michigan.

Prakash, N. (2023, March). *Graduate School & Mental Health: Blunting the Emotional Toll of a Postgraduate Education*. Clinical Science Area Brown Bag, University of Michigan.

Conference Presentations

Mentees are underlined

Pokowitz, E. L., **Prakash, N.**, Planaj, D., Oprandi, S., & Deldin, P. J. (2024, November). *Mood Lifters for graduate students and young adults: A mixed methods investigation into mechanisms of change in an online group therapy*. Poster presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Prakash, N., Pokowitz, E.L., & Deldin, P.J. (2024, November). *Hope: An Active Ingredient in Care*. Poster presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

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.

Research Experience

The Gender and Health Research Lab

Aug 2025 - Present

Graduate Student Research Assistant | School of Social Work, University of Michigan

- Participate in interdisciplinary research meetings about independent projects.
- Contribute to research meetings by updating collaborators on personal research and offering feedback on others' research.
- Present research findings to an interdisciplinary group of researchers.

Curtis Center for Health Services Research & Innovation

Nov 2024 - Present

Pre-Doctoral Fellow | School of Social Work, University of Michigan

- Collaborate with graduate students and faculty working on health equity research.
- Contribute to research meetings by updating collaborators on personal research and offering feedback on others' research.
- Present research projects and findings to an interdisciplinary group of researchers.

EPICs Lab

Sept 2021 - Feb 2025

Graduate Student Research Assistant | Department of Psychology, University of Michigan

- Work on independent research projects (e.g., coordinating and running RCTs, designing and investigating secondary research questions).
- 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 provide feedback on other lab projects.

Clinical Experience

Addiction Treatment Services

Sept 2025 - Present

Advanced Practicum Student | Department of Psychiatry, University of Michigan

- Supervisor: Alexander Weigard, Ph.D.
- Provide adult outpatient psychotherapy comorbid substance use disorders, generalized anxiety, depression, ADHD, PTSD, and serious health concerns and stressors.
- Attend interdisciplinary team meetings with social workers, psychologists, psychiatrists, nurses and case managers to discuss cases.

Henry Ford Ascension Genesys Clinics

Sept 2024 - May 2025

Advanced Practicum Student | Flint, MI

- Supervisors: Scott Nyman, Ph.D.; Heather Kirkpatrick, Ph.D.
- Work as an advanced psychology practicum student in family medicine, internal medicine, and OB-GYN clinics.
- Provide adult outpatient psychotherapy (i.e., CBT, ACT, DBT) to individuals with generalized anxiety, depression, ADHD, PTSD, and serious health concerns and stressors (e.g., chronic pain, terminal illness, homelessness, financial insecurity, job instability).
- Provide adolescent outpatient psychotherapy (i.e., CBT, ACT, DBT) to individuals with social anxiety, depression, suicidal thoughts, and ADHD.
- Complete symptom evaluations, reports, and collaborative treatment plans.

Psychological Clinic

Sept 2022 - July 2024

Advanced Practicum Student | Mary A. Rackham Institute, University of Michigan

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

University Center for Child and Family

Jan 2022 - April 2022

Advanced Practicum Student | Mary A. Rackham Institute, University of Michigan

- Supervisor: 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 for Graduate Students & Young Professionals

Sept 2021 - Sept 2022

Group Coordinator, Leader and Helper | Ann Arbor, MI

- Coordinated groups as part of a randomized controlled trial (RCT).
- Ran and assisted in study groups for graduate students.
- Completed screening calls after participants flagged for suicidal ideation.
- Participated in weekly supervisions to discuss ongoing groups and prepare for upcoming groups.

Mood Lifters for Teens

Sept 2020 - April 2021

Group Leader | University of Michigan

- Helped in developing and delivering mental wellness groups for adolescents based on education and group discussion.

- Assisted Dr. Lopez-Duran in adapting the program to a remote format due to COVID-19 pandemic.

Kids Empowerment Program

Sept 2019 - April 2021

Group Leader | 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

Sept 2019 - April 2021

Group Leader | 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

Sept 2018 - April 2021

Group Leader and Helper | Ann Arbor, MI

- Served as both a leader and helper in several Mood Lifter groups (a mental wellness program for adults based in education and discussion).
- Helped in creating mental health progress reports for participants to receive at the end of the program.
- Created modules for the program, including topics like the Four Horsemen and Coping with COVID-19.
- Attended 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.

Teaching Experience

Project Outreach – Mental Wellness

Sept 2022 - Dec 2024

Graduate Student Instructor | University of Michigan

- Developed a curriculum that acts as an informal “introduction” to clinical psychology.
- Created lesson plans, assignments and lectures for the course.
- Lectured to ~60 students in-person and coordinated guest lecturers.

Project Outreach – Group Leading

Sept 2022 - Dec 2024

Graduate Student Instructor | University of Michigan

- Developed a curriculum that acts as an informal “introduction” to clinical psychology.
- Developed a separate curriculum for a select group of undergraduate students that focused on teaching and facilitation skills.
- 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

Jan 2022 - April 2022

Graduate Student Instructor | 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.

Community Service

UM-Flint Graduate School Workshops

June 2025 - Aug 2025

Developer & Presenter | Flint, MI

- Developed a curriculum of workshops to help UM-Flint undergraduate students become more familiar with psychology graduate programs.
- Presented each workshop to a group of 20-30 UM-Flint students.
- Coordinated a guest panel of graduate students to speak to UM-Flint students about psychology graduate programs.

STAR Scholars Program

Oct 2024 - Present

Mentor | University of Michigan

- Worked with a small group of undergraduate students who come from underrepresented backgrounds and are interested in pursuing graduate school.
- Contributed to workshops and presentations for a large group of undergraduate students to help them prepare for graduate school.

Robert J. Delonis Center

Oct 2024 - June 2025

Volunteer | Ann Arbor, MI

- Organized career fairs for unhoused community members.
- Conducted community outreach to recruit local businesses for the career fairs.

A Brighter Way

Jan 2023 - June 2023

Volunteer | 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.