

SHRUTI DEWAN

M.A. CLINICAL PSYCHOLOGY

+91 7982761979 shruti.dewan15@gmail.com



PROFILE

A dedicated and compassionate psychologist with a Master's degree in Clinical Psychology. Demonstrated expertise in conducting counseling sessions and psychometric assessments, particularly during an internships at clinics and hospitals. Additionally, possess a year of experience in Human Resources, enhancing interpersonal and communication skills. Committed to providing empathetic and effective mental health care in a clinical or hospital setting. Proven ability to support patients with psychological disorders, employing evidence-based techniques to foster mental well-being. Seeking a position that allows for professional growth and the opportunity to make a meaningful impact on the lives of individuals facing mental health challenges.

WORK EXPERIENCE

CHAITANYA CENTRE FOR COUNSELING

Psychologist Intern| In-Office | Delhi| Dec 2024 - Present

- Conduct individual therapy sessions and interact directly with patients.
- Applied various psychological therapies, including Cognitive Behavior Therapy (CBT), Motivational Enhancement Therapy (MET), Acceptance and Commitment Therapy (ACT), Psychodynamic Therapy, Hypnosis (Guided Imagery), and Progressive Muscle Relaxation.
- Initiated 'Bachpan Firse', a support group for senior citizens to encourage open discussions and social engagement.
- Created engaging social media content to spread awareness about mental health.
- Conducted case history round, scheduled follow-ups, and coordinated patient appointments.

EVERSTYLISH

Talent Acquisition | In-Office | Gurgaon | Feb 2023 - June 2024

- Mentored a team of interns within the recruitment department.
- Evaluated hiring needs across various organizational departments and collaborated with the CEO to define precise job descriptions.
- Posted job openings on prominent job portals to attract potential candidates.
- Identified gaps in the recruitment funnel, and recommended proactive changes that improved average time-to-hire.
- Conducted comprehensive interviews and assessments to effectively filter applicants and progress them to the relevant stage based on their job role.
- Organized Day 1 onboarding activities for new hires in partnership with hiring managers, delivering informative sessions on company guidelines, policies, and departmental awareness.
- Thoroughly analyzed and documented all job requirements and objectives prior to publishing job postings.
- Conducted employee engagement activities with multiple teams in the office on various occasions.

PROFESSIONAL SKILLS

Candidate sourcing
Candidate screening
Onboarding
Teamwork & Collaboration
Strategic thinking
Counselling
Interviewing

PERSONAL SKILLS

Fast Learner
Patience and Empathy
Problem Solving
Reliable and Professional

VOLUNTEERING

Umeed NGO - A drop of hope

- Educated street sellers about proper hygiene.
- Organized plantation drives and increased awareness of issues related to global warming.
- Spread word of the NGO via various social media channels.
- Fundraising for the NGO.

PRISTYN CARE

Talent Acquisition Intern | In-Office | Gurgaon | Jan 2023

- Sourced relevant candidates from job portals.
- Screened incoming resumes and applications.
- Conducted the first round of interviews of the candidates.
- Scheduled the next round of interviews of the candidates with respective hiring managers.
- Processed offer letters for selected candidates per guidelines.

BRAHM SHAKTI HOSPITAL

In-Hospital Intern | May 2022 - Jul 2022

- Held individual and group counselling sessions for nurses and students at the hospital.
- Regularly met with the patients receiving care at the hospital. Held individual and family counselling sessions to assist the patients in maintaining their mental health while they were being treated at the hospital.
- Conducted Cognitive Behavioral Therapy (CBT) sessions with people suffering from certain mental disorders.

A BEAUTIFUL MIND

In-Clinic Intern| Dec 2018 - Jan 2019

- Observed sessions of children with ADHD.
- Conducted group therapies with children having ADHD and Autism.

PALS CLINIC

In-Clinic Intern | Jul 2018 - Aug 2018

- Conducted tests on patients and parents.
- Learned about psychological tests and participated in role plays.

FREELANCE

SOCIAL MEDIA INFLUENCER

Instagram | 2016- 2022

- Partnered with big brands to promote their products on Instagram including Flipkart, Zee Entertainment, Mama Earth, mCaffeine, Biotique etc.

ACTRESS

YouTube | Virtual 2020 - 2022

Featured as the lead actress in the official music video of the following songs

- Confusion by Magic
- Teri Yaad by MK Chabbewalia
- Khabbi Seat by Mukul Khenwar

EDUCATION

B.A. + M.A. CLINICAL PSYCHOLOGY (DUAL DEGREE)

Amity University | Regular Full-Time | 2018 - 2022

CGPA: 7.41

SENIOR SECONDARY EDUCATION (ARTS)

Lancer's Convent School | CBSE | 2018

PERCENTAGE: 70.04%

WORKSHOP

Training for Cognitive Behavior Therapy for Mental Heath Disorders

VIRTUAL INTERNSHIPS

Psycmann

- Learned about various aspects of psychodiagnostic, psychometric assessments and clinical procedures.

Conscript HR Advisors

- Prepared research material for different careers to be further used in career counselling.

TOOLS

Microsoft Office

Google Workspace

Canva

CERTIFICATION

Advanced Diploma in Depression Counselling