

# Charavi Shah

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## Education

### M.A. in Clinical Psychology

August '23 – June '25

Amity University, Noida

**GPA: 8.2**

*Relevant Coursework:* Psychopathology, Psychological Assessments, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychodynamic Therapy, Humanistic, Existential, and Gestalt Therapies, Research Methodologies and SPSS.

### B.A. (Hons.) in Applied Psychology

October '20 – May '23

Ramanujan College, University of Delhi

**GPA: 8.1**

*Relevant Coursework:* Cognitive Psychology, Industrial/Organizational Psychology, Health Psychology, Research Methodologies, Social Psychology, Developmental Psychology, Youth Psychology.

### Senior Secondary High School (Humanities)

2020

Percentage: 96.4

## Skills

### Clinical Skills

- Conducting in-depth Case History interviews
- Mental Status Examinations (MSE)
- Psychological assessments.
- Thorough knowledge of the ICD and DSM for diagnosis and case formulation.
- Administration and interpretation of intelligence, personality, and neuropsychological tests.
- Writing comprehensive psychological/research reports and maintaining accurate clinical documentation.

### Research Skills

- Strong literature review, data collection, and statistical/qualitative analysis skills.
- Experience in academic writing and supervised research through college practicums in Bachelor's and Masters through an ongoing dissertation project.
- Experience in SPSS for data analysis in psychological research.

### Soft Skills

- Active listening
- Effective interpersonal skills
- Building therapeutic relationships with clients with diverse backgrounds.
- Task and time management, Problem solving
- Effective verbal communication with clients and colleagues in English, Hindi, and Gujarati.
- Public speaking, presentation presentation, and psychoeducation facilitation in clinical and academic settings.

## Experience

### Dissertation

**Title:** *Examining the Relationships Between Sleep Quality, Perceived Stress, and Emotional Regulation Among College Students*

- Conducting a quantitative study exploring the relationships between sleep quality, perceived stress, and emotional regulation among college students.
- Utilizes a correlational research design to investigate the interrelationships among sleep quality, perceived stress, and emotional regulation within a college student population. Data was run on IBM Statistics software for Pearson's 2-tailed correlation.
- A strong positive correlation was found among poor sleep quality, stress and emotional regulation in the study.
- The findings are helpful to inform interventions aimed at improving student well-being, academic performance, and improving mental health support services in higher education settings.

Saday Sadev, New Delhi

January - April 2024

- Developed a foundational understanding of Positive Psychology and Short-Term Brief Therapy through structured training and community exposure.
- Conducted community walks and surveys to assess mental health awareness and needs.
- Facilitated emotional expression activities for children, including emotional circles, coloring, and clay molding
- Participated in Mental Health Awareness Walks including brief interviews to promote psychological well-being in the community.

**PsyQuench, New Delhi**

*January - March 2024*

- Applied ICD-11 and DSM-5 for clinical diagnosis and case formulation through supervised training.
- Developed diagnostic and case presentation skills through clinical discussions.
- Assisted in case history and mental status examination, and actively involved in diagnostic debates.

**Karma Care, New Delhi**

*October 2023*

- Enhanced understanding of psychological disorders through case discussions and role-play in clinical settings.
- Developed competence in inclusive therapeutic practices such as queer and kink-affirmative therapy, through rapport-building and termination role-play sessions.