



CONTACT



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SKILLS

- Active Listening and Critical Thinking
- Strong Communication Skills
- Individualized Care Plan
- Diagnostic capabilities.
- Experience in counseling diverse populations.
- Proficient organizational and time management skills.
- Family Counseling
- Goal Setting
- Empathy and Compassion
- Organizational and Time Management Skills
- Conducted workshops in schools on "Stress During Examinations and Coping Mechanisms" for 10th and 12th-grade students.
- Proficient in performing MSE, Intelligence Tests, planning psychological interventions, and group therapy.

LANGUAGES

English
Hindi
German (Basic)

Payal Sharma

PROFILE

Dedicated and compassionate Counseling Psychologist with over one year of experience, seeking to leverage expertise in counseling, assessment, and therapeutic techniques to enhance the mental well-being and personal growth of individuals. Committed to providing empathetic, evidence-based care to support clients in overcoming challenges and fostering positive change.

Qualified Counseling Psychologist with a proven track record in conducting comprehensive psychological evaluations, developing treatment plans, and providing interventions in group settings. Earned a Master's degree in Clinical Psychology from Amity Institute of Behavior and Allied Sciences, Lucknow, Uttar Pradesh, in 2022.

EDUCATION

- ✓ M.A Clinical Psychology from Amity Institute of Behavior and Allied Science, Amity Univeraity Lucknow, Uttar Pradesh in the year 2022.
- ✓ B.A (Hons) Applied Psychology from Amity Institute of Behavioral and Allied Science, Amity University Lucknow, Uttar Pradesh in the year 2020.

PROFESSIONAL EXPERIENCE

Bhatia Neuro-Psychiatric Hospital and De-Addiction Center, Amritsar, Punjab

August 2022 – November 2023

- ✓ Worked with patients of Substance Use Disorder and other Psychiatric Illness namely, Schizophrenia, Obsessive Compulsive Disorder, Bipolar Disorder.
- ✓ Provided individual sessions and group therapy to patients.
- ✓ Conducted psychological evaluations.
- ✓ Performed Family Therapy.

INTERNSHIPS

The Richmond Fellowship Society (India), Lucknow Branch, Nav-Uday Mansik Swasthya Sansthan, Lucknow

May - June 2018

- ✓ Conducted interventions for clients with Substance Abuse, Schizophrenia, Bipolar Disorder, OCD, and Depression under the supervision of a psychologist.
- ✓ Facilitated daily activities, including newspaper reading, music, and art-related activities.

Attended Certified Workshop on Thematic Apperception Test (TAT) and Roarsch Inkblot Test lead by late Dr, Dwarka Preshad
February 2019

National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID), Regional Center, Noida

May- June 2019

- ✓ Worked with children with Intellectual Disabilities across three domains: Physiotherapy, Occupational Therapy, and Psychological Testing.
- ✓ Administered the Weschler Intelligence Scale for Children and conducted Mental Status Examinations (MSE).

Bachpan Day Care Center, Lucknow.

October 2019

- ✓ Planned activities as a group, for children, with Intellectual Disability.
- ✓ Interacted with the teachers and center in-charge about the facilities provided to the children by the center and were also informed about various government schemes for special children.

One week observation at Umeed Rehabilitation Center (Lucknow)

April 2021

Former intern at Sarthak Foundation (Lucknow)

May-June 2021

Former intern at Sahara Hospital, Lucknow.

June-July 2021

- Observed cases of Substance Abuse, OCD, Depression, Bipolar Disorder under the
- ✓ supervision of Psychiatrist. Conducted MSE and interviewing the client under the supervision of psychiatrist.

ACHIEVEMENTS AND EXTRA - CURRICULAR ACTIVITIES

- Certificate in Course on Computer Concepts (CCC)
- Completed dissertation on the topic: Effect of Father's Perceived Parenting Style on the Personality Profile of Adolescents. Volunteered in organizing the National Conference held at Amity University, Lucknow
- Wrote a paper on Effect Self-Expansiveness on Spiritual Wellbeing of Middle Age Women.
- Wrote a Review Paper on Effectiveness of CBT on Schizophrenia.
- Wrote a paper on Effect of Father's Perceived Parenting Style on the Personality Profile of Adolescents.
- Attended workshop on Play Therapy.
- Attended LGBTQ seminars and interactive sessions.