

## Palchhin Sharma

Counseling Psychologist

📍 New Delhi, India

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## Professional Summary

A dedicated Counseling Psychologist with a strong academic foundation and rich internship experience across clinical and community settings.

Specializing in **Clinical and Counseling Psychology**, with practical exposure to **CBT**, **Expressive Art Therapy**, and **Graphology**.

Skilled in adolescent counseling, lesson planning, and delivering engaging psychology classes aligned with **CBSE curriculum**. Committed to promoting mental health awareness and student well-being.

## Work Experience

### ✓ Clinical Research Coordinator Trainee

*BLK-Max Super Speciality Hospital, New Delhi*

**Jan 2025**

- Supported Site Initiation Visits and investigator meetings.
- Ensured compliance with GCP, IRB/IEC, and sponsor protocols.
- Handled informed consent documentation and trial logistics.
- Aided in subject screening, randomization, and data entry.
- Maintained regulatory binders and audit readiness.

### ✓ Counseling Psychologist & Psychology Teacher (Freelancer)

*PsyAlchemy, New Delhi*

**2023 – Present**

- Conducted therapy sessions using CBT, Expressive Art Therapy & Graphology.
- Provided counseling for adolescents, families, and couples.
- Delivered online Psychology classes for Class XI & XII (CBSE).

### ✓ Social Care Worker

*Indian Development for Human Care Society, North Delhi*

**Aug 2021 – Nov 2021**

- Distributed essential supplies and encouraged education in underserved communities.
- Promoted organizational outreach and app-based engagement.

✓ **Expressive Art Therapy Intern**

*Zentered Minds, Gurugram*

**Jul 2021**

- Developed intervention plans and conducted genogram analysis.
- Participated in assessments and group therapy sessions.

✓ **Clinical Psychology Intern**

*Max Super Speciality Hospital, Saket*

**May 2019 – Jun 2019**

- Attended OPD/IPD rounds and psycho-oncology sessions.
- Delivered presentations on psychological disorders and therapy techniques.

✓ **Child Psychology Intern**

*Handicapped Children's Rehabilitation Association*

**Jul 2018**

- Assisted children with developmental delays and disabilities.
- Administered psychological assessments like Seguin Form Board & DAP.

✓ **Counseling Psychology Intern**

*Anubhuti Clinic, Pitampura*

**Jun 2018 – Jul 2018**

- Conducted case history interviews and Mental Status Examinations.
- Delivered awareness talks and taught school children basic emotional health.

## **Education**

✓ **B.Ed. (Psychology Teaching Specialization)**

*Kurukshetra University – Pursuing*

✓ **B.A. + M.A. in Clinical Psychology**

*Amity University – 2017–2022*

✓ **AISSCE (Class XII)**

*Adarsh Public School – 2016–2017*

✓ **AISSE (Class X)**

*Adarsh Public School – 2014–2015*

## **Key Skills**

- ✓ Student Counseling & Psychotherapy
- ✓ Classroom Teaching & CBSE Lesson Planning

- ✓ Behavioral Observation & Assessment
- ✓ CBT, Expressive Art Therapy, Graphology
- ✓ SAE Reporting & Clinical Documentation
- ✓ Verbal Communication & Listening Skills
- ✓ Relationship Management & Emotional Support

## **Certifications & Activities**

- ✓ **Certified Graphologist** – *Evolve Yourself from Within*, Vadodara (2022)
- ✓ **Volunteer Psychologist** – *PALS Clinic*, New Delhi (2019)
- ✓ **Bharatanatyam Graduate** – *Nritayabharti School*, New Delhi (2003–2017)

## **Academic Project**

### **Dissertation (2021):**

*“Family Environment and Social Intelligence among Young Adults”*

Explored the correlation between family dynamics and emotional-social competence in urban youth.