

Palchhin Sharma

Counseling Psychologist

📍 New Delhi, India

📞 +91 9310485323

✉️ palchhinsharma22@gmail.com



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.