SHEFALI GUPTA

**RCI Licence Clinical Psychologist**

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# PERSONAL PROFILE

* RCI licensed Clinical Psychologist from IHBAS, Delhi.
* Trained in providing psychological services like diagnosing, assessment, certification, and psychotherapy for mental health disorders with ability to maintain therapeutic relationship and achieve therapeutic goals.
* Experienced in communicating effectively with other professionals and working with multidisciplinary teams.

# EDUCATION INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES (IHBAS) (2020 - 2022)

**M.Phil. Clinical Psychology**

* Trained in diagnosis of mental health disorders, psychometric assessment, disability certification, and psychotherapy.
* Experience in speciality postings including Behaviour Therapy Unit (BTU), Disability Services Unit (DSU), Child Guidance Clinic (CGC), De-addiction Treatment and Rehabilitation Clinic (DATRC).
* Learnt and provided services as part of multidisciplinary team while working in Psychiatry and Neurology ward.
* Offered tele-counselling services during COVID-19 pandemic.
* Provided crisis intervention in Crisis Support and Counselling Centre (CSCC).
* Completed dissertation titled "Academic Stress and Behavioral Problems in Children with Borderline

Intelligence ".

# IIS UNIVERSITY (2018 - 2020)

**M.A. Clinical Psychology**

* Completed dissertation titled "Self-concept, Personal Values, Impulsivity in Juvenile Delinquents: An Exploratory Study".

# ICG COLLEGE, IIS UNIVERSITY (2015 - 2018)

**B.A. (H) Psychology**

* + Completed project titled "Self Esteem In Relation To Selfie Obsession : A Study Across Gender".
  + Member of the ICG Psychology Association tasked with organisation of the annual fest and other departmental activities.

**EXPERIENCE**

* **Experienced working as a clinical psychologist in JAIN NEUROPSYCHIATRY AND DE-ADDICTION CENTRE, with**

**Dr Sanjay Jain (JAIPUR, RAJASTHAN). (May 2023-Jan 2024)**

**Post M.Phil. Intern | IHBAS (Dec 2022-Feb 2023)**

* Psychological Assessments and Interventions
  + Special posting in Behaviour Therapy Unit (BTU), Disability Services Unit (DSU), and Child Guidance Clinic (CGC).
  + Took on the role of peer supervisor for M.Phil. Trainees and facilitated peer supervision sessions and group therapy.

# Training | DR. PREET KAMAL (CLINICAL PSYCHOLOGIST) (Sept-2019 to Jan-2020)

* Detailed Case history taking
* Orientation to clinical interview
* Basics of projective techniques (Rorschach and TAT)
* Basic knowledge of Behavior therapy and Cognitive Behavior therapy with clinical exposure.

# Internship | SMS Hospital (Jaipur, Rajasthan) (May 2019-July 2019)

* + Observation of various clinical activities including clinical interview and assessment.

# Internship | R.K. Yadav Memorial Hospital (Jaipur, Rajasthan) (May 2017-July 2017)

* + Observation of various clinical activities including clinical interview and assessment.

# ACADEMIC ACCOMPLISHMENTS

**Conferences**

* + Paper presentation at INTERTIONAL CONFERENCE ON COMMUNITY PSYCHOLOGY 2020: “Cognitive Distortions, Self-Concept, Moral Judgment in Juvenile delinquents”
  + Paper presentation at 6th International and 8th Indian PSYCHOLOGICAL SCIENCE CONGRESS 2019: “Juvenile delinquency and Parent child relationship.”
  + Participated as Psychologist In the “MEDICAL HEALTH CHECK-UP AND BLOOD DONATION CAMP” organized by Income tax Department, Jaipur.

# SEMINARS AND WORKSHOPS

* + Participated in three day seminar on “Single Case Discussions in Psychotherapy” organized by IHBAS.
  + Participated in three day National Conference on “Exploring the Psychosocial Realm in Psychology: A Multi-Faceted Approach” organised by Fortis Hospital (Gurugram).
  + Attended two day Workshop on “Cognitive Behavior Therapy in Obsessive Compulsive Disorder” organized by IIS University.
  + Participated in two day workshop on “Mindfulness Based Cognitive Behavior Therapy” conducted by IIS University.
  + Attended three days workshop on “Basic Cognitive Behavior Therapy” organized by IIS University.
  + Participated in two day National Conference on “Women, Health and Identity : Re-visioning a Multidisciplinary Perspective” organized by IIS University