

Muskan Sharma

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DOB- 29TH January,1999

As a clinical psychologist associate, I believe in inherent potential for growth and resilience in every individual. My goal is to provide safe and non judgmental space where one feels heard and supported. As a therapist, I am deeply committed to mental health advocacy, social justice and de-stigmatizing mental health issues. I tailor my therapeutic interventions to individual needs, adopting a person centered approach drawing from evidence based practices. I follow eclectic approach which combines elements of CBT, Schema therapy, Transactional analysis, motivational enhancement and solution focused approach. My experience lies in working with individuals with Addiction, OCD, Mood disorders, anxiety disorders, dementia, dissociative disorders, relationship and family conflict, behavioral and emotional issues in children, academic pressure and adolescent related issues.

----- Education

2023-2024 Professional Diploma in Clinical Psychology (RCI CERTIFIED)

Amity Institute of Clinical Psychology, Jaipur, Rajasthan

CGPA- 7.86 (First Division)

2020-2022 Master of Arts Clinical Psychology

Amity Institute of Psychology and Allied Sciences, Noida

CGPA- 8.31 (First Division)

2017–2020 Bachelor of Arts (Hons.) in Applied Psychology

Amity Institute of Psychology and Allied Sciences, Noida

CGPA–7.20 (First Division)

----- Clinical Experience

Dec, 2023 – Sept, 2024 Gautam Hospital and Research Centre, Jaipur

Gautam hospital and research centre is a psychiatric hospital providing treatment and support to individuals with various mental health disorders such as obsessive compulsive disorder ,

eating disorders, mood disorders, schizophrenia, substance dependence and dissociative disorder and as a trainee my task was to do detailed case work-up, conducting mental status examination, psychological assessments and psycho-education of family and the patient. I worked in collaboration with psychiatrist for therapeutic intervention (like CBT, DBT, Motivational enhancement therapy, Supportive Psychotherapy) and overall treatment of the patient, both in-patient and out-patient.

Oct, 2023- Dec, 2023 Anand Healthcare and Rehab Centre, Jaipur

Anand healthcare provides de-addiction support, counseling and rehabilitation services to individuals with substance use disorders, schizophrenia, mood disorders and habit and impulse disorders. As a trainee my role included conducting individual sessions with patients which focused upon case exploration, conduction of assessments and collaboratively working with the patient in building a solution focused therapeutic plan which could further help in rehabilitation.

Sept, 2022- Oct, 2023 Tulasi Healthcare, Gurugram

Tulasi healthcare is a hospital and rehabilitation centre which works with various mental illnesses and substance abuse disorders by means of medication and psychosocial rehabilitation. Under the guidance of Dr. Gorav Gupta (CEO and the senior consultant psychiatrist) my role as a psychologist included conducting clinical interview, mental status examination and individual counseling sessions based on CBT, supportive psychotherapy, family therapy, crisis intervention and behavior modification. I also conducted group and cognitive restructuring sessions with patients and worked in a multidisciplinary team with psychiatrist, psychologist and social workers for overall treatment of the patient.

July, 2021- Aug, 2021 Psymann Clinic, Paschim Vihar, New Delhi

Psy-मन is a Psychoeducational platform which provided me training related to motivational enhancement Therapy, expressive Art Therapy and Queer Affirmative Therapy. I worked under RCI registered psychologist Ms. Naina Dave.

Mar, 2021-April, 2021 Muskaan PAEPID, Vasant Kunj, New Delhi

Muskaan is a voluntary organisation providing comprehensive education, vocational training and work opportunities to persons with intellectual disability. My task was to provide vocational training to patients and also observe the assessments conducted.

Feb, 2021-Mar, 2021 Psymann Clinic, Paschim Vihar, New Delhi

Psy-मन is a Psychoeducational platform which gave me an insight to Neuro psychological assessments (like VSMS, DST etc.) and Psychoeducation. I worked under RCI registered psychologist Ms. Naina Dave.

Sept, 2020-Oct, 2020 P'psych Care, Kota , Rajasthan

P'psych Care is a centre for providing psychological services and training. I worked under RCI registered Psychologist Ms. Purrti Sharma. My task included observing live cases of patients and engage in role plays and case discussions with the team members.

May, 2019-June, 2019 Udayan Care, Chittaranjan Park, New Delhi

Udayan Care is an NGO which provides residential care and education to disadvantaged children. I worked under the research team and collected data from children in their NGO which was used to determine if their overall needs were being fulfilled. This task helped me improve my rapport building and interviewing skills.

May, 2018- June, 2018 Psyindia Clinic, Greater Kailash, New Delhi

Psyindia is a renowned child clinic specialized in providing special education, counselling, occupational therapy and help with other psychological conditions. I worked under RCI registered clinical psychologist Dr. Dherendra Kumar. My task included taking history of the clients and observing detailed behavior of the patients. I also assisted the occupational therapist and special educator. I also got a chance to participate in case discussions and seminars with other team members.

-----Workshops Attended

July , 2024- Clinical Psychology Society of India workshop on unlocking emotional barrier using schema therapy.

July , 2024- CRE workshop on understanding vulnerabilities and forensic evaluation of children in conflict with law.

April , 2024- CRE workshop on understanding adverse childhood experiences and POCSO act.

April, 2024 - Designing and developing artificial intelligence powered tools for early detection of dementia, Amity Institute of Clinical Psychology, Jaipur, Rajasthan.

Feb, 2024 – Workshop on Specific Learning Disorders, diagnosis and treatment, Amity Institute of Clinical Psychology, Jaipur, Rajasthan.

Feb, 2024 – Workshop on cyber psychology, Amity Institute of Clinical Psychology, Jaipur, Rajasthan.

Aug, 2020- Fortis National Mental Health Program included workshops on topics: Psycho-Oncology, Psychotherapy and expressive Art Therapy.

-----Volunteer experience

June, 2024- conducted a workshop practicing deep breathing with IPD patients on the occasion of Yoga day at NIMS hospital, jaipur.

April, 2021- conducted workshop to create awareness for homeless and disabled children about hand wash routine and hygiene maintenance during Covid-19.

June, 2019- conducted an interactive sessions with underprivileged children, addressing their needs and concerns in the ngo. I also led expressive art activities that brought them joy and instilled hope."

----- Academic presentations

Presented a case in Gautam hospital and research centre under supervision of Dr. Manasvi Gautam (director and consultant psychiatrist).

-----Skills

- Clinical interviewing skills along with rapport building, empathy, unconditional positive regard, patience, open- mindedness.
- Conducting assessments like Rorsasch Inkblot Test, Thematic apperception test, VSMS, DST, MISIC, BKT, MMPI, MCMI, DRAW A PERSON TEST and various rating scales.
- Psychotherapies like transactional analysis, MET, CBT, Schema therapy , Couple therapy, Sex therapy, DBT.

-----Reference

-Ms. Sukhisidhi Pol

Assistant professor,

AICP, AUR.

M.PHIL in Clinical psychology (NIMHANS)

-Ms. Poonam Joshi

Assistant professor,

AICP, AUR.

M.PHIL in clinical psychology (NFSU)