

CORE COMPETENCIES

- Psychological Services
- Post-traumatic stress
- Mood Disorders
- Anxiety Disorders
- Marital issues
- Couple and Family Therapy
- Psychological Testing
- Treatment Services
- Ethical Understanding
- Open minded Approach
- Patience
- Assessment and Therapies: Specially DBT and CBT
- Exposure Therapy
- 1:1 Face to Face Sessions
- Quantitative Research
- Counseling

PERSONAL STATEMENT

"I am an ambitious, hardworking and versatile Clinical Psychologist with a wide range of experience seeking an opportunity to help people by applying my skills and knowledge."

KEY SKILLS

- Very caring and compassionate with a strong desire to help people and make a difference
- Experience with clients of all ages, backgrounds, and conditions
- Profound knowledge of psychological disorders and conditions and their treatments
- Great communication and writing skills needed in drafting and giving reports
- Ability to work with a team of psychologists and doctors
- Understanding of all types of assessments and testing used in psychology

ACADEMIC DETAILS

- Ph.D. in Psychology from Manav Rachna, (Dec'23 – Till Date)
- Certificate in Care Giving from Amity University, Noida (Sep'23 – Till Date)
- M.A. in Clinical Psychology from Amity University, Noida (May'21 – May'23)
- B.A. (Hons) in Applied Psychology from Amity University, Noida (Jul'18 – May'21)

PERSONAL SNIPPETS

- **Gender:** Female
- **Languages known:** English, Hindi
- **Address:** Delhi, India

SALONI SHARMA

PSYCHOLOGIST PhD SCHOLAR: COURSE WORK COMPLETED

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A Counselling Psychologist offering expertise in Mental health care industry, skilled in working with adolescents, relationship counselling and facilitation seeking an opportunity to put my refined skills in providing Neuro Psychological & Psychological assessments, Psychotherapy and Rehabilitation support to the patients and teaching experience as well.

Profile Summary

Registered as a "Counselling Psychologist" in Rehabilitation Council of India (RCI)

- Prepared and supervised reports of results to be used in counselling psychology research and development.
- Attend national and international conferences in which to learn as well as share information with other psychologists.
- Implement new concepts and strategies when possible.
- Performs psychometric testing and interviews to determine mental status of client.
- Worked with other therapists, psychiatrists, family members, and others to devise the best plan of action for each client.
- Met with clients on a regular basis to provide therapy and treatment.
- Organized and oversee group therapy sessions.
- Helping clients with emotional and psychological problems through psychotherapy in order to make their daily functioning better.
- Indulge in helping people, frequently through talking therapy that resolved a variety of emotional, behavioral and mental health problems.
- Instrumental in meeting with clients to identify problems such as emotional, mental and behavioral in their lives.
- Through observation and by using specific methods, diagnose any existing or potential disorders.
- Helped clients define goals and plan action to achieve personal, social, educational and vocational development and adjustments.
- Monitors client progress through regular meetings or sessions.
- Perform awareness programs in schools and colleges, hospitals, and other public arenas regarding mental health care and concerns.
- Publish research findings in industry journals; Conduct research

WORK EXPERIENCE

Growth Path/Deputations:

May 2024 – Sep 2024: District Govt. Hospital, Noida as Psychologist

Major Responsibilities Handled:

- Performed psychometric testing and interviews to determine mental status of the patients.
- Worked with other therapists, doctors, family members, and devise best plan action for each patient.
- Met with patients on a regular basis to provide therapy and treatment.
- Organized and oversee group therapy sessions (especially dbt and cbt) including family therapies.
- Provided consultation services to other colleagues and healthcare professionals.
- Dealing with enquiries, complaints and emergencies.
- Provided psychotherapy to the patients with mental health issues.
- Conducted Outreach programs pertaining to mental health and counselling to different stake holders including physicians, teachers, nurses and health workers.

Growth Path/Deputations:

Dec 2023 – May 2024: National Institute for the Empowerment of the Persons with Intellectual Disabilities as Junior Psychologist

Major Responsibilities Handled:

- Developed age-appropriate learning materials and activities to meet the needs of each child.
- Collaborated with teachers and other professionals to develop strategies that best support the child's learning and development.
- Monitored student progress and provided feedback to parents on their child's performance.

- Developed individualized learning plans for each child that addressed their unique needs.
- Collaborated with other professionals to develop an individualized education plan (IEP) for each child.

Growth Path/Deputations:

Oct 2023 – Dec 2023: Cosmos Institute of Mental Health and Behavioral Sciences, New Delhi as Junior Psychologist

Major Responsibilities Handled:

- Conducted individual and group counselling sessions.
- Conducted research on mental health topics such as anxiety and stress management, resulting in multiple publications.
- Educated and trained staff on recognizing and responding to mental health crisis.
- Collaborated with medical professionals to provide integrated care to patients with mental health and physical health issues.

Growth Path/Deputations:

Jul 2020 – Nov 2020: Mind Cure Center, New Delhi as Junior Psychologist

Major Responsibilities Handled:

- Gained valuable experience in providing counselling and supporting the clients.
- Facilitated individual and group therapy sessions, utilizing compassionate and creative problem solving approaches to address various mental health concerns.
- Collaborated with senior psychologists to develop and implement treatment plans tailored to each client’s specific needs.

Growth Path/Deputations:

Apr 2022 – Nov 2022: Happy Tree as Psychologist

Major Responsibilities Handled:

- Conducted psychological testing to diagnose mental health disorders and prescribe appropriate treatments.
- Facilitated support groups for clients with similar challenges to share experiences and provide mutual support.
- Collaborated with medical professionals to provide integrated care to patients with mental health and physical health issues.

Growth Path/Deputations:

Apr 2019 – Jun 2021: Moolchand Medicity, Delhi as Junior Psychologist

Major Responsibilities Handled:

- Engaged in conducting psychological assessments and formulating intervention strategies for clients.
- Provided Psychological care at community level to affected people.
- Provided empathetic support to individuals dealing with diverse mental health challenges, fostering a safe and non-judgmental space for them to express their concerns.
- Additionally, collaborated with multidisciplinary team to coordinate holistic care plans for patients.

INTERNSHIP EXPERIENCE

Growth Path/Deputations:

Dec 2020 – Mar 2021: Maahila Ujjwal Vikas NGO, Delhi as Intern

Major Responsibilities Handled:

- During my Internship at Maahila Ujjwal Vikas NGO, I had the opportunity to contribute to various projects aimed at empowering women and promoting their well-being.
- Facilitated psychological awareness workshops/health meals to people.
- I actively participated in organizing workshops and events focused on mental health awareness and women’s right.
- Additionally, I conducted research on community mental health and assisted in developing resource materials for counselling sessions.

CERTIFICATIONS UNDERTAKEN

1	Cognitive Behavioural Therapy	Cognizavest, Delhi	Dec’23 – Apr’24
2	Dialectical Behavioural Therapy	Cognizavest, Delhi	Jan’24 – May’24
3	All Rounder Award	Amity University, Noida	Nov’23
4	Best Class Representative Award	Amity University, Noida	Nov’23

[References Available Upon Request](#)