



SHRADHEY BHARDWAJ

PSYCHOLOGIST

CONTACT

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📍 GHAZIABAD

EDUCATION

2020-2022

Chandigarh University

- Masters in clinical psychology

2017-2020

University of Patanjali

- Bachelors in yogic science

SKILLS

- Observation
- Decision making
- Communication
- Multi-tasking
- Active Listening
- Critical Thinking
- Psychological Assessment
- Therapeutic Techniques
- Report Writing
- Case Management

LANGUAGES

- Hindi (Mother tongue)
- English (Fluent)

PROFILE

I have built a solid basis in psychological theories and methods during my academic career, with a focus on clinical psychology. Through voluntary work and internships, I was able to obtain real-world experience while I was a student. These encounters have sharpened my abilities in patient evaluation and counselling and have stoked my desire to assist people in enhancing their mental health.

INTERNSHIP EXPERIENCE

- **BHARGAVA PSYCHIATRY, DE-ADDICTION HOSPITAL**
92/281, Shipra Path, Mansarovar, Jaipur, Rajasthan 302020
May2022-July2022
- **MINDLISTEN NEUROPSYC CLINIC**
33-A, Vidyut Nagar, B-block Near Purani Chungi, Jaipur, Rajasthan 302020
May2022- June2022

ONLINE INTERNSHIP

- **PSYCHOWAVES E-ACADEMY**
Prof. of Clinical Psychology PGI Chd. Chairman psycho waves group.
Under Dr. Dwarka Pershad (Master trainer and supervisor Retd)
March 2022- 21 days
- **HOUSE OF THERAPY**
49J Sarabha Nagar, Ludhiana 14100 | Clinical psychology
June21- August2021
- **CHANGING MINDS**
Counselling and Psychotherapy Centre, Varanasi
June21-July21

CERTIFICATE COURSE

- **Indian Counselling Services**

Psychotherapy Practical Program

December 2023-January 2024

- **Udemy**

Cognitive Behaviour Therapy (CBT) Practitioner

(April 2022- 32.5 hours)

- **Udemy**

Probability and statistics: psychology and Business Statistics

(January 2022- 3.5 hours)

THERAPIES

- Cognitive Behaviour Therapy (CBT)
- Exposure and Response Prevention (ERP)
- Jacobson Muscle Relaxation Technique (JPMR)
- Schema Therapy
- Mindfulness-Based Therapy
- Psychodynamic Therapy
- Psychoanalytic Therapy
- Dialectal Therapy

TESTS

- Alcohol, Smoking, and Substance Involvement Screening T
- CAGE questionnaire
- Michigan Alcohol Screening Test
- Alcohol Use Disorder Identification Test
- Aptitude Battery for Career Counselling
- Sentences Completion test
- Weschler Adult Performances Intelligences Test
- Malin's Intelligences Scale for Indian Children
- Yale-Brown Obsessive-Compulsive Scale

TESTS

- P.G.I Battery of Brain dysfunction
- Seguin Form Board Test (SFBT)
- Millon Clinical Multiaxial Inventory (MCMI)
- House Tree Person

-Test Conduction under supervision

- Thematic Apperception Test (TAT)
- Rorschach Ink Blot Test