

Objective: To build expertise and gain hands-on experience in Clinical Psychology within an organization that fosters professional growth and offers opportunities for continuous learning and development.

Educational Qualification

Pursuing M.Phil. in Clinical Psychology (Batch 2022)

Department of Psychiatry

Government Medical College & Hospital, Chandigarh

Research Topic: “Comparing the effectiveness of exposure & response prevention and cognitive drill therapy in obsessive compulsive disorder”

**M.Sc. in Applied Psychology (Specialization in Clinical & Counselling Psychology)
(Batch 2019)**

Department of Psychology and Mental Health

Gautam Buddha University, Greater Noida

Research Topic: “A comparative study of perceived self and self-other relatedness among perimenopausal women, menopausal and non-menopausal women”

B.Sc. in Clinical Psychology (Batch 2019)

Faculty of Behavioural Sciences

SGT University, Gurugram

Research Topic: “Measuring commitment level through level of satisfaction, quality of alternatives and investment size in dating and married couples”

Class 12th (CBSE Board) (2016)

Abhinav Public Sr. Sec. School, New Delhi

Class 10th (CBSE Board) (2014)

Abhinav Public Sr. Sec. School, New Delhi

Membership and Association

Professional lifetime member in Indian Association of Young Psychologist (IAYP) from January 2020.

Other Achievement

Qualified UGC-NET December, 2022

Paper Presentations

1. Presented on **“A gender-based analysis of Physical Appearance Perfectionism and Self-perceived Sexual Attractiveness in college students”** at the 42nd Annual Conference of India Psychiatric Society North Zone 2017".
2. Presented on **“Commitment level through satisfaction level, quality of alternatives, investment size in dating and married people”** at the conference of IAYP-2020.
3. Presented on **“Happiness, life and parental satisfaction among working and non-working women”** at the NACIACP-2020.

Publications

An article published on **“Role of commitment, investment size and quality of alternatives in romantic relationship”** in Phalanx: A quarterly review for continuing debate in 2023.

Projects, Workshops, conferences and Events Undertaken

Attended **"International conference on cognitive behavioural intervention- ICCBI 2018"** held on 27th September to 29th September 2018 in SGT University.

Participated in the project **“Tower of Hanoi”** at SYNERGY dated 10th-12th October'18 at SGT University.

Attended two-day workshop on **"Body language and dream analysis"** on 12th and 13th March 2019 held in Keshav Mahavidyalaya.

Attended a one-day workshop on **“Autism spectrum disorder: An overview and management”** by Dr. Sujata Sethi at SGT University held on 1st April, 2019

Conducted a workshop on **“Menstrual hygiene”** for Pubescent girls in 2022.

Conducted a workshop on **“Stress management”** for school students in 2022.

Conducted a seminar on **“Disorders of thought and speech”** in October 2023 in GMCH-32.

Conducted a journal club on **“I don't think they thought I was ready”: How pre-transition assessments create care inequities for trans people with complex mental health in Canada**

by Kinnon R. MacKinnon, Daniel Grace, Stella L. Ng, Suzanne R. Sicchia & Lori E. Ross in October 2023 in GMCH-32.

Conducted a **case conference** in 2023 in GMCH-32.

Conducted online workshops on “**Stress management, Anger management, Mental health awareness**” for Education: Access in 2024.

Conducted a journal club on “**Information processing biases and attachment styles in adolescents with dissociative disorder**” by Ritwika Nag, Nishant Goyal and Madhumita Bhattacharyya in April 2024 in GMCH-32

Conducted a seminar on “**Psychotherapy and treatment-resistant mental illness in October 2024** in GMCH-32.

Conducted a **case conference** in 2024 in GMCH-32.

Training Experience

1. Clinical training in **Mental Health Institute (MHI), Government Rehabilitation Institute for Intellectual Disabilities (GRIID), Disability Assessment Rehabilitation & Triage (DART) and Psychiatry OPD** for two years during M.Phil. course, January 2023-January 2025 at Government Medical College & Hospital, Chandigarh.
2. Internship at **Manobal klinik**, Delhi for 1 month in 2019.
3. Internship at **Institute of Human Behaviour & Allied Sciences (IHBAS)**, Delhi for 1 month in 2018.
4. Internship at **SPYM drug de-addiction centre**, Delhi for 1 month in 2018.
5. Internship at **Lady Hardinge Hospital**, Delhi for 2 months in 2017.

Work Experience

Work experience as a **PGT Psychology and School Counsellor**, Mother Divine Public School, New Delhi from March 2022 to September 2022. Total teaching experience is **06 months**.

Skills and Expertise

Expertise in the following areas:

I.Q. Assessment

Psychological testing and Psycho-diagnostic evaluation

Psychotherapy and Counselling for all age groups

Family and Couple therapy

Cognitive Remediation

Cognitive Drill Therapy

Cognitive Behavioural Therapy

Dialectical Behaviour therapy

Case formulation

References

1. Dr. Nandha Kumara Pujam. S

Associate Professor of Clinical Psychology,

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2. Dr. Jyoti Mishra, MPhil., PhD

Assistant Professor (Clinical Psychology)

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GMCH, Chandigarh

Former Asst. Prof. (CIP)

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Declaration

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars.

Place: Chandigarh

(Preeti Sharma)

Date: 11.12.2024