

SHREYA MALIK

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PROFESSIONAL SUMMARY

A passionate and dedicated Clinical Psychologist with extensive experience in mental health counseling and therapy. Skilled in delivering psychological services and using evidence-based practices such as Art Therapy and Cognitive Behavioral Therapy. With advanced academic qualifications and a strong focus on healthcare management, I aim to contribute to the field of psychology by integrating diverse therapeutic techniques to enhance mental well-being.

ACADEMIC QUALIFICATIONS

- **Healthcare Management**, Indian School of Business (ISB) – 2024
 - **Queer Affirmative Counselling Practice**, Mariwala Health Initiative – 2022
 - **M. Phil Clinical Psychology**, Amity University, Lucknow – 2018-2020
 - **Art Therapy Certification**, VIMHANS Hospital, New Delhi – 2017-2018
 - **Master of Arts in Clinical Psychology**, Amity University, Lucknow – 2015-2017
 - **Certificate in Guidance (C.I.G.)**, IGNOU – 2015
 - **B.A. in Psychology**, National P.G. College, Lucknow – 2012-2015
 - **12th Standard**, Loreto Convent, Lucknow, ISC Board – 2012
 - **10th Standard**, St. Agnes' Loreto Day School, Lucknow, ICSE Board – 2010
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PROFESSIONAL EXPERIENCE

LISSUN (Mindeye Solutions Pvt Ltd)

- **Lead Licensed Clinical Psychologist** (May 2022 - Present)
 - Oversee psychological care services and provide therapeutic interventions for diverse clients.

- Lead a team of licensed psychologists and supervise clinical practices and case management.
- Offer training and guidance to new clinicians, ensuring adherence to ethical standards and evidence-based practices.
- **Licensed Clinical Psychologist** (July 2021 - Present)
 - Provide individual and group therapy sessions to clients dealing with mental health disorders such as anxiety, depression, and trauma.
 - Develop treatment plans tailored to individual needs, utilizing various therapeutic modalities, including Cognitive Behavioral Therapy (CBT) and Art Therapy.

VIMHANS Hospital, New Delhi

- **Clinical Psychologist Intern** (2017-2018)
 - Assisted in psychological assessments and provided therapeutic interventions for patients with mental health disorders.
 - Worked closely with senior psychologists and healthcare professionals to develop treatment plans and implement therapy techniques.

Richmond Fellowship Society- Nav Uday Mansik Swasthya Sansthan, Lucknow

- **Psychology Intern** (2015)
 - Gained hands-on experience in counseling and mental health assessment under the supervision of licensed professionals.
 - Provided individual counseling sessions and contributed to mental health awareness programs.

CO-CURRICULAR ACTIVITIES

- **Publications**
 - "Tips for Work-Life Balance," *Healthsite* (Nov 2022)
 - "Expert Suggested 7 Signs of Mental Disorders That Must Not Be Neglected," *MSN & News18* (Aug 2022)
 - "Top Mental Health Mistakes You Must Avoid," *Hindustan Times* (Aug 2022)
 - "Emotional Eating," *Times Now* (Aug 2022)
 - Chapter: "Depression in College Going: A Theoretical Perspective," *Crisis: A Global Scenario* (ISBN: 978-93-87922-78-5)

- Chapter: “Pathological Gaming During Covid-19: A Biopsychosocial Model,”
COVID-19: Biopsychosocial Perspectives (ISBN: 9788194159247)
 - **Conferences and Seminars**
 - *Best Paper Award* at the 27th International and 58th National Conference of Indian Academy of Applied Psychology, Topic: “Efficacy of Art Therapy on Anxiety Among Adults” – 2023
 - Paper Presentation at the 7th National Conference on Society and Well-being, Topic: “Depression in College Going” – 2020
 - Attended workshop on *Dialectical Behavior Therapy* – 2019
 - Attended workshop on *Autism and Behavior Modification* – 2018
 - Paper Presentation at the 4th National Conference on Society and Well-being, Topic: “Domestic Harmony, Social Support, and Aggression among Young Adults” – 2017
 - Attended workshop on *Cognitive Behavioral Therapy* – 2016
 - Paper Presentation at the 2nd National Conference on Social Well-being, Topic: “Domestic Harmony, Social Support, Stress, and Aggression among Young Adults” – 2016
 - Participated in an International Seminar on *Transition: Adolescence to Adulthood* – 2016
 - Attended workshop on *Basic Hypnosis Training (Level 1)* – 2016
 - Attended National Conference on *Counseling as a Therapeutic Tool: An Overview* – 2015
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KEY SKILLS AND COMPETENCIES

- **Clinical Psychology & Therapy**
 - Expertise in Art Therapy, Cognitive Behavioral Therapy (CBT), and Expressive Arts Therapies.
 - Skilled in mental health assessments, diagnosis, and therapeutic interventions.
 - Crisis management and treatment planning.
 - Client-centric therapy approach and individual/group counseling.
- **Management & Operations**
 - Team leadership and clinical supervision.
 - Operations management of mental health services, including developing and implementing operational protocols.
 - Business growth and development
 - Resource management and coordination of clinical staff.

- Strategic planning and goal-setting for psychological services.
 - Training and mentoring of junior clinicians and interns.
 - Process improvement and quality assurance within healthcare operations.
 - **Research & Data Analysis**
 - Strong background in psychological research and data-driven decision-making.
 - Experience with qualitative and quantitative research methods.
 - Published in peer-reviewed journals and conferences.
 - **Public Speaking & Presentation**
 - Skilled in delivering presentations, workshops, and seminars at national and international conferences.
 - Ability to communicate complex psychological concepts to diverse audiences.
 - **Writing & Content Creation**
 - Writing for mental health articles and publications for reputable platforms like Hindustan Times, MSN, Times Now, and others.
 - Author of book chapters on mental health topics.
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LANGUAGES

- English: Fluent
 - Hindi: Fluent
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