

### **Objective**

A highly motivated individual seeking a career that allows me to impart my knowledge and project my skills to the best of my ability and also provides me the opportunity to grow professionally.

### **• Qualification**

- ☐ 10<sup>th</sup> from St.thomas school Shimla
- ☐ 12<sup>th</sup> from St. Thomas school Shimla
- ☐ Bachelor of Hons. in psychology from HPU
- ☐ Masters of Arts in psychology from HPU
- ☐ Clinical psychologist internship for 6 months in Dr. Virandra Mohan Psychiatric Hospital in Dhrampur.
- ☐ Certification course in Forensic Psychology (online)
- ☐ Diploma in schizophrenia (online)
- ☐ Course of Life coaching By Afreen Khan (online)
- ☐ Diploma in Hypnotherapy

### **Achivement**

- ☐ Member of counsellor counselling of India
- ☐ Participated in Art Therapy conducted by University of Calcutta
- ☐ Has attended the conference conducted by 3G school of psychology
- ☐ Have done certification course titled Swift Net Connect by NIIT.
- ☐ Have scored the 31<sup>st</sup> state rank in International Olympiad of Mathematics
- ☐ Attended the workshops of Reiki
- ☐ Attended the psychiatric confrences in Aiims.

### **• PROFESSIONAL EXPERIENCE:**

- ☐ **As a life coach and psychologist in Manverick Me Foundation (2023-Present)**

Working as a life coach and psychologist and taking online audio or video session.

- **As the Senior Psychologist (March 2024- present) West Delhi Psychiatric center Delhi**

Work there as a Senior psychologist in OPD settings.

In OPD I am taking the case history of the patient and also performing the psychological assessment like TAT and Rorschach and others. Attending the daycare of the patient, making there therapy sessions, preparing the files of the patients. Also taking the sexual health patients with the performance anxiety and Other sexual issues. Taking Relationship counselling session giving sensate focus and psychoanalysis to the couple as per the need of the situation or patient.

I had dealt with more than 300 cases of Mania, Schizophrenia and a lot of cases of Addictions. I have the good hand on the patient with Schizophrenia and Psychosis. Also counselling the students regarding carrer and also doing IQ assessment of the children. Also dealt in personality assessments like 16 PF and Eysenck and also giving counselling to the patient having personality disorder.

- ☐ **As a Senior Sexual Health and Relationship Counsellor at Dr. Aroras clinic (2021-2023)**

I was working there as sex therapist and a relationship counsellor. I was dealing mainly with male sexual health issues such as erectile dysfunction, premature ejaculation, loss of libido, masturbation and porn addiction and prone masturbation, Also worked with relationship issues and lack of sexual knowledge to both men and women. I was making the treatment plans for the patients. Taking the session with the different therapies like Reflective listening, Emotion focused therapy, Narrative therapy, Solution-focused therapy, Love map importance. I have treated a lot of patients with the sex therapy and sensate

focus. Giving them knowledge about sex and masturbation is my area of expertise.

**Other job responsibilities**

- Create and put into action HR initiatives and strategies that are in line with the overall business plan.
- Improve ties between management and employees by responding to requests, grievance other issues.
- Control the hiring and hiring process.
- Support present and future company demands through growing, involving, inspiring, and preserving human capital.
- Create and keep track of the organization's overall HR strategies, methods, tactics, and procedures.
- Cultivate a supportive workplace.
- Managing and maintaining a setup that promotes optimum performance.
- Maintain the benefits and pay schedule.
- Analyze the training requirements for a program and keep an eye on it.
- Report to management and use HR indicators to assist in decision making
- Always maintain legal compliance while managing human resources.

Also performing the assessment as the time of joining that is Personality and other aptitude test.

□ **Content writer (2020-2021)**

Was writing for the blogs for the university-related psychology and also wrote the white paper. Also making content for the different websites or online platforms.

□ **As the psychologist in Verta (2020-2021) Online ( call, and Video Call counseling)**

As in Covid time was doing counseling sessions online through Verta and with personal clients. In that period of time attended more than 150 cases of Depression, stress, anxiety and Relationship issues.

□ **As the Junior Psychologist (June 2019- 2020) West Delhi Psychiatric center Delhi**

Work there as a junior psychologist in both IPD and OPD settings.

In IPD I am taking care of admitted patients doing all the required tests such as Rorschach, Tat, Bdi, Scat, and other psychological assessment. I have also done EEG of the admitted patients. Giving them Therapies like CBT, DBT. MCT, psychoanalysis and many others.

In OPD I was taking the case history of the patient and also performing the psychological assessment if needed. Attending the daycare of the patient, making there therapy sessions, preparing the files of the patients.

I had dealt with more than 100 cases of Mania, Schizophrenia and a lot of cases of Addictions. I have the good hand on the patient with Schizophrenia and Psychosis. Also counselling the students regarding carrer and also doing IQ assessment of the children. Also dealt in personality assessments like 16 PF and Eysenck and also giving counselling to the patient having personality disorder.

□ **As the psychologist com Telesales executive at Dr. Aroras Clinic (Nov 2018-May2019)**

Handling the front office work and also dealing in tele sales department, scheduling the appointment of patients with our doctors and counselling the patients what would be the best solution to their problems. Also incharge of peon handling and other works in clinic.

**SKILLS:**

- Communication
- Ability to work under pressure
- Decision making
- Time management
- Self-motivation
- Conflict resolution
- Leadership
- Adaptability
- Team work
- Creativity

**Kanika Sharda**  
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**Technical skills:**

- MS Word
- MS powerpoint
- MS Excel
- **Practo**

• **REFERENCES:**

Available upon request #