

Rashika Sharma

Clinical Psychologist

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Profile

A compassionate and dedicated clinical psychologist with extensive experience in providing evidence-based therapy and support to individuals facing diverse mental health challenges. Skilled in conducting comprehensive assessments, developing personalized treatment plans, and facilitating therapeutic interventions to promote emotional well-being and resilience. Proficient in utilizing various therapeutic modalities, including cognitive-behavioural therapy, humanistic therapy, and trauma informed approaches. Committed to fostering a supportive and empowering therapeutic environment that encourages growth and healing. Seeking to apply my clinical expertise and passion for mental health advocacy in a collaborative setting where I can make a meaningful difference in the lives of clients.

Languages

English

Hindi

Skills

Trauma Informed Therapy

Cognitive Behavioral Therapy

Dialectical Behavior Therapy

Interpersonal and Social Rhythm Therapy

Jacobson Progressive Muscle Relaxation

Motivational Enhancement Therapy

Person Centered Therapy

Mindfulness Based Cognitive Therapy

Education

04/2014 – 05/2016 **12th, Bal Bharati Public School Noida (CBSE)**

- 86.7% (Science Stream)

07/2016 – 05/2019 **Graduation in Applied Psychology, Sri Aurobindo College, Delhi University**

- Grade: 1st division
- CGPA: 7.71

07/2019 – 07/2021 **Masters in Psychology, MCM DAV College for women, Punjab University**

- Percentage: 86.7%

05/2022 – 05/2024 **Mphil in Clinical Psychology, Ranchi Institute of Neuro Psychiatry and Allied Sciences**

Professional Experience

05/2017 – 06/2017	Intern, Mental health foundation <ul style="list-style-type: none">• Worked at slum areas of Delhi, drug rehabilitation centre and department of Psychiatry (AIIMS).	Delhi
04/2018 – 07/2018	Counsellor, Tihar Prison <ul style="list-style-type: none">• Worked as a counsellor in Tihar prisons on project SAMARTHAN- psychological First aid under mental health foundation (India). Psychological First Aid [PFA] describes aspects, which involves humane, supportive and practical help to fellow human beings suffering from crisis events. Interacted with the prisoners and worked in 4 different central jails - 4, 7, 8 and 9. Conducted psychometric tests such as MINI and HAM-D on inmates.	Delhi
12/2020 – 01/2021	Project Development Manager, Cognitiq <ul style="list-style-type: none">• Looked over sales drives and took over administrative tasks in Tier 2 cities for a month focusing on their new Mental Health Application.	Delhi
03/2021 – 04/2021	Psychology Intern, The Mental Health Movement <ul style="list-style-type: none">• Created graphic content for their social platforms.• Wrote blogs/ articles to spread mental awareness.	Chandigarh
05/2021 – 12/2021	Counselling Psychologist, The Mental Health Movement <ul style="list-style-type: none">• Provided counseling to clients via Audio Video channels.• Created content for mental health awareness using Canva.• Conducted Group Sessions for raising awareness regarding mental health.• Organized support groups for people willing to progress in their mental health journey.	Chandigarh
05/2022 – 05/2024	MPhil Trainee in Clinical Psychology, RINPAS <ul style="list-style-type: none">• Diagnosis at OPD.• Provided Therapy to In patient department.• Completed Psychometry duties.• Completed dissertation on the topic 'Variables related to vulnerability to Suicidal Attempt: An Exploratory case study'	Ranchi
12/2021 – present	Counselling Psychologist, Freelance <ul style="list-style-type: none">• Providing counseling sessions to individuals using Audio/Video channels.	Remote

Achievements and Certificates

- Proficiency award for psychology in class 11th (92%)
- Secured third position in BA (hons) Applied Psychology batch for the academic year 2017-2018 (CGPA: 7.68)
- Secured second position in BA (hons) Applied Psychology batch for the academic year 2018-2019 (CGPA: 8.63)
- Masters in Psychology: University rank holder.
- Presented a research paper on 'gratitude leads to happiness' at department of psychology, Punjab University
- MPhil dissertation on the topic 'Variables related to vulnerability to suicidal attempt: An exploratory case study'