

Megha Sharma

Profile

A licensed Clinical Psychologist based in India, driven by the prospect of personal development through assisting others using my clinical skills with expertise and flexibility. My proficiency lies in conducting therapy sessions, facilitating self-discovery, and providing clarity for individuals in navigating their thoughts and emotions.

Professional Experience

April 2024 – present
Bangalore, India

Mibo, Health and Happiness Care, Consultant Clinical Psychologist ✓

Outpatient Duties:

- Conduct assessments and diagnoses through interviews and tests.
- Provide therapy (individual, group, family) as needed.
- Develop and update treatment plans tailored to client needs.
- Monitor client progress and adjust therapy plans accordingly.
- Collaborate with other healthcare providers involved in care.

Inpatient Duties:

- Offer crisis intervention and short-term therapy for stabilization.
- Participate in multidisciplinary meetings to discuss patient care.
- Support families with education on treatment and post-discharge care.
- Plan discharges ensuring continuity of care through follow-ups and resources.

March 2021 – March 2023
Gurgaon, India

Santulan, Consultant Clinical Psychologist ✓

Along with history taking, psychometric assessments and Cognitive Behaviour Therapy, doing group sessions. For mental health awareness doing weekly public speaking events in corporates. Supervising and teaching the counselling psychologists and other interns at the institute. An expert on "Prevention of Sexual Harassment" Law or the POSH Laws as they are called in India. I was an external member as well as conducting trainings to spread awareness.

March 2021 – March 2023
Gurgaon, India

Max Hospital, Visiting Consultant ✓


Providing individual, group, and family therapy for mental health concerns like depression, anxiety, trauma, adjustment difficulties, using evidence-based modalities such as CBT, DBT, and supportive therapy. Offering immediate support and intervention for patients in acute distress or psychiatric emergencies, collaborating with medical staff for patient safety. Integrating mental health care into patients' overall treatment plans and providing consultation on psychological factors affecting physical health and recovery.

Education


October 2018 –
December 2020
Agartala, India

M.Phil in Clinical Psychology, ICFAI University 

August 2014 –
September 2016
Calcutta, India

M.Sc. in Psychology, University of Calcutta 

July 2011 – July 2014
Kolkata, India

B.Sc. in Psychology, University of Calcutta 

Languages

English — IELTS Score 7.5

Hindi

Bengali

Skills

CBT

Cognitive Restructuring
Behavioral Activation
Problem-Solving
Exposure Therapy
Mindfulness
Self-Monitoring
Relaxation Techniques
Goal Setting

DBT

Case history taking

Projective tests