

Vadee Sharma (She/Her, 25 years)

Solan, Himachal Pradesh, India | +91 8219239048 | vadee.ssharma11@gmail.com |

Profile

I follow an eclectic approach which involve using methods and techniques depending on the requirements of the client and a supportive approach which includes working on direct measures to assist with the concerns, self-esteem and adaptive skills. I aim to provide a safe place and a non-judgmental approach to people while helping people build insight, acknowledging and accepting their emotions and feelings.

Education

RCI Registered Professional Diploma in Clinical Psychology | AUGUST 2023 – SEPTEMBER 24 | CGPA 8.5/10
Shree Guru Gobind Singh Tricentenary University (SGT), Gurgaon, Haryana

Master in Science Clinical Psychology | JULY 2021 – JULY 2023 | CGPA 8.56/10
CHRIST University, Delhi NCR

Post Graduate Diploma in Guidance and Counselling | JULY 2020- JULY 2021 | CGPA 7.28/10
Panjab University, Chandigarh

Bachelor of Arts in Psychology | JULY 2017 – AUGUST 2020 | CGPA 8/10
Goswami Ganesh Dutt Sanatan Dharam College, Panjab University, Chandigarh

Experience

**SHREE GURU GOBIND SINGH TRICENTENARY HOSPITAL (SGT), GURGAON, HARYANA-
PDCP TRAINEE (August 2023 – September 24)**

- Assessments: IQ assessments (MISIC, VSMS, DST, BKT etc.), Projective assessments (Rorschach Inkblot test, Thematic Apperception Test, Sacks Sentence Completion Test etc.), Objective assessments (MCMI, TCI, BAI, BDI, HAM-A, HAM-D, Y-BOCS, MMPI etc.).
- Therapy: Cognitive Behavior Therapy, Behavior Therapy, Dialectical Behavior Therapy, Motivation Enhancement Therapy, Acceptance and Commitment Therapy

**INDIRA GANDHI MEDICAL COLLEGE & HOSPITAL(IGMC), SHIMLA - CLINICAL PSYCHOLOGY
INTERN (May 2023- June 2023)**

- Trained in counseling and therapeutic skills
- Conducting pro bono sessions under supervision
- Conducted group therapy under supervision
- Case discussion and supervision training
- Observation in Outpatient and Inpatient services

**INSTITUTE OF HUMAN BEHAVIOR & ALLIED SCIENCES(IHBAS), NEW DELHI – CLINICAL
PSYCHOLOGY INTERN (March 2023- April 2023)**

- Carried out case history and MSE
- Case discussion and supervision training
- Observation in Outpatient and Inpatient services

**PUNAH SANTULAN AARUNYA, NEW DELHI- CLINICAL PSYCHOLOGY INTERN
(August 2022 – October 2022)**

- Trained in counseling and therapeutic skills
- Observed psychological assessments and tests
- Observed follow-up cases
- Case discussions

**DISTRICT DE-ADDICTION AND REHABILITATION GOVERNMENT CENTER, MOHALI, PUNJAB –
CLINICAL PSYCHOLOGY INTER (May 2022- June 2022)**

- Conducting pro bono individual sessions under supervision
- Conducted Family and Group therapy under supervision
- Carried out case history and MSE
- Case discussion and supervision training
- Observation in Outpatient and Inpatient services

**ANUGRAH SHIKSHA KENDRA TRUST, CHANDIGARH- WORKED AS REMEDIAL TEACHER (January 2021-
June 2021)**

- Trained teacher & Instructor for individual with Learning Difficulties.
- Carried online classes for remedial service
- Held Counseling sessions
- Preach the student of his/her ongoing class material
- Enhance communication skills and confidence of the children

**NEUROPSYCHIATRY DRUG DE-ADDICTION CUM REHABILITATION CENTER(NDDRC), CHANDIGARH –
CLINICAL PSYCHOLOGY INTERN(January 2019- February 2019)**

- Theoretical & Conceptualization of Addiction
- Carried pro-bono individual counseling sessions
- Conducted Redemption Methods
- Theoretical understanding of Addiction therapies
- Carried Case History

MIND & WELLNESS STUDIO, NEW DELHI – PSYCHOLOGY CONTENT WRITER

- Served as the content editor of the organization
- Wrote a variety of mental health articles tailored to different audiences.
- Created and developed content for publishing with a focus on marketing.
- Conducted in-depth research to enhance article reach and audience engagement.

Publication and Project

- Research paper presentation at National Conference on Incarceration “**Impact of Skill Development on Quality of Life and Employment Post Incarcerations**”
- Research paper presentation at International Conference “**Young People’s Superstition & Self-Concept Pillars: Predictors of Risk Propensity**”
- Wrote a paper on “**Examining the superstitious belief of Emerging Young Adult through the Sense of Self**” under Dr. Sanchita Srivastava

Position of Responsibility

- TEDx GGDSD Organization (2018-2019)
 - Served as Curator, collaborating closely with speakers.
 - Led marketing campaigns to promote the event.
 - Managed various event departments and teams.
- ENACTUS GGDSD Organization (2017-2019)
 - Directed Project “Ambika” as Project Director.
 - Worked as Core Team Leader Dealing with Upcoming Projects in the Organization

Awards and Appreciation

- Diploma (VISHARAD) in Odissi Dance (2017)