

# VANSHITA SHARMA

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## EDUCATION

Central Institute of Psychiatry (CIP), Ranchi

2023-2025

M.Phil. Clinical Psychology

Percentage: 74.08%

- Thesis: "Exploring the Lived Experiences of Adults with Depression and Perceived Narcissism Towards Their Parents: A Phenomenological Study"

Amity Institute of Psychology and Allied Science, Noida

2020-2022

M.A. Clinical Psychology

CGPA: 8.25

- Thesis: "Retreating Into Wonderland? An Exploration of Fantasy as a Coping Mechanism"

Mata Sundari College, University of Delhi

2017-2020

B.A. (Hons.) Psychology

CGPA: 8.027

Gurukul The School

2017

CBSE (XII)

Percentage: 97.8%

Gurukul The School

2015

CBSE (X)

CGPA: 10

## ACADEMIC ACHIEVEMENTS

- Secured **highest score at CIP** and **second rank in Ranchi University** during M.Phil. (2025)
- Currently preparing a **manuscript based on M.Phil. dissertation research** for publication in a peer-reviewed journal.
- Completed **400+ hours of supervised psychotherapy**, including individual and group interventions across child, adolescent, and adult populations.
- Qualified **GATE XH Psychology (2023)**
- School Topper in both Class 10 (2017) and Class 12 (2019); **placed in the top 1 percentile** in Physics and Mathematics

## EXPERIENCE

### Post-Graduate Psychology Intern

June 2020 - July 2022

REEVIN Mental Health Clinic (Formerly Mind Solace), Malviya Nagar, Delhi

- Undertook a **1.5-month structured training program** in core counseling skills, including case history taking, MSE, and basics of psychotherapy, with regular supervision and clinical discussions.
- Shadowed therapists** in client sessions, contributed to documentation and reflective notes, and authored psychology-based blog articles to integrate clinical learning with public engagement

### Research Intern

October 2021- December 2021

Another Light Counselling, Mumbai

- Supported research on parenting queer children through **literature reviews, data coding, and content curation**.
- Managed **research databases and assisted in report, manuscript, and presentation preparation** under tight deadlines.

### Psychology Intern

March 2021

We Avec U, Noida

- Conducted behavioural observations and documented clinical histories** for mental health assessments.
- Attended **case discussions** on psychotherapy techniques and modalities.

### Psychology Intern

February 2021

Psy-Mann, New Delhi

- Conducted **psychological assessments pertaining to children** with special needs on hypothetical cases.
- Attended **skill-building workshops** on queer-affirmative therapy, family counseling, and substance use intervention strategies.

### Student Intern

June 2018

Mental Health Foundation, New Delhi

- Observed clinical practices** across rehabilitation centers, de-addiction units, and psychiatry departments in government and private hospitals including AIIMS.
- Participated in a **community-based mental health screening project** using standardized tools in Vivekananda Camp, New Delhi.

## ACADEMIC PROJECTS | CIP, Ranchi

### Seminar – Behaviourism in Modern Psychiatry: Is It Still Relevant?

January 2025 – February 2025

Ms. Alisha Arora

- Critically evaluated the relevance of behaviourist approaches** in current psychiatric settings.
- Integrated classical behavioural theories with contemporary clinical practices** and therapeutic models.

### Case Conference

November 2024 – December 2024

Dr. (Prof.) Varun S. Mehta

- Formulated a comprehensive diagnostic profile**, highlighting symptom overlap and developmental trajectory.
- Discussed management strategies**, including behavioural interventions, parental involvement, and challenges in impulse regulation.

## VOLUNTEER WORK

- Volunteered with **MFHI** as part of the Organizing Committee for **India's Biggest Mental Health Festival 2018**, contributing to event coordination, awareness activities, and public engagement.
- Directed content development and team operations at **That Desi Psychologist (Aug 2021 - Nov 2022)**, curating psychoeducational material on mental health, sex education, and queer issues for digital outreach.

## SKILLS & INTERESTS

Clinical Skills : MSE, Case History Taking, Teleconsultations

Therapeutic Modalities : CBT, DBT, Emotion-Focused Therapy, Supportive Therapy, Behaviour Therapy, REBT, Trauma-Informed Therapy, etc.

Psychological Assessments : RIBT, TAT, MMPI, MCMI, TCI, HFDT, CSRPI, CAT, etc.

Documentation & Research : Clinical Documentation, Case Formulation, Literature Review, APA-style Writing, Thematic & Qualitative Analysis

Technical Tools : SPSS, MS Office (Word, Excel, PowerPoint), Canva, Basic C++

Interests : Trauma and Recovery, Personality and Identity Development, Family Dynamics, Mood and Anxiety Disorders, Interpersonal Relationships