



# KAJAL SHARMA

CONSULTANT CLINICAL PSYCHOLOGIST

## Profile

RCI Licensed Consultant Clinical Psychologist with One and a Half years of experience in delivering meticulous diagnostic evaluations, psychological assessments, and personalized therapy interventions. Adept at preparing comprehensive psychological reports and collaborating with multidisciplinary teams to develop tailored treatment plans. Experienced in clinical settings with a solid academic background including an M.Phil in Clinical Psychology and expertise in Applied Psychology, committed to providing high-quality, individualized care to enhance the well-being of diverse patient populations.

## Employment History

### Consultant Clinical Psychologist, Cosmos Institute of Mental Health and Behavioural Sciences (CIMBS), New Delhi

JUNE 2023 – PRESENT

As a Consultant Clinical Psychologist at Cosmos Institute of Mental Health and Behavioural Sciences (CIMBS) in New Delhi, I am responsible for conducting diagnostic evaluations, psychological assessments, and preparing detailed reports for patients. My role involves implementing specific interventions such as CBT, REBT, DBT, behavior therapy etc. to provide personalized care to individuals. Additionally, I collaborate with a multidisciplinary team to develop and implement comprehensive treatment plans tailored to each patient's unique needs and goals.

I was assigned with all the child cases in the hospital during my tenure as it was my area of expertise and interest.

## Education

### M.Phil Clinical Psychology (RCI Registered), Central Institute of Psychiatry, Ranchi

APRIL 2021 – MAY 2023

Formulated, maintained and updated individual as well as group treatment plans in both inpatient and outpatient settings which consisted of about 400+ hours in carrying out psychotherapeutic interventions consisting of multiple modalities including 200+ hours in behavior therapy.

Served 3 months of training exclusively at the child ward. Conducted various psychological assessments and therapeutic interventions under supervision during this tenure.

**Conducted seminar on *Projective Techniques: An update of Evidence Base in Mental Health***

### M.A. Psychology, Banaras Hindu University, Varanasi

AUGUST 2018 – OCTOBER 2020

In depth understanding of basic concepts of human behavior, personality motivation and emotion, neuropsychology, research methodology, health psychology, child psychology, psychodiagnostics and therapeutic techniques.

## Details

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## Links

[LinkedIN KAJAL SHARMA](#)

## Core Competencies

Therapy Interventions  
Diagnostic Evaluations  
Psychological Assessments  
Preparation of Psychological Reports  
CBT, REBT, DBT  
Behavioural Therapy with Habit reversal training  
MET, RPT

## Languages

Hindi  
English

## **B.A. (HONS) Applied Psychology, Delhi University, New Delhi**

JULY 2015 – JULY 2018

Basic introduction and understanding of different systems in psychology, social psychology, counseling psychology, media psychology and organizational psychology.

## **Senior Secondary, Delhi Public School, Ghaziabad**

APRIL 2014 – MAY 2015

Took Psychology as an additional subject.

## **Research Experience and Training**

### **Research, CIP, Ranchi**

APRIL 2023

*Efficacy of Brief Anticipatory Pleasure Skills Training on Anhedonia and Anticipatory Pleasure Among Patients with Schizophrenia.*

### **Somatic inkblot Test: A Projective Technique, RINPAS, RANCHI**

FEBRUARY 2023

Attended a four-day workshop that emphasized the historical background of the test, its comparison with the Rorschach inkblot Test, administration and scoring procedures.

### **Rational Emotive Behavior Therapy: Basics and Advance Applications**

JULY 2021

Four-day online training.

### **Poster Presentation, New Delhi**

AUGUST 2016

Presented a poster on *Issues and Challenges Faced by Elderly* in the National Conference on Perspectives of Successful Ageing held at Mata Sundri College for Women, University of Delhi.

## **Internships**

### **Psychology Intern, Sree Ganga Ram Hospital, New Delhi**

JULY 2019 – AUGUST 2019

Under psychiatric and clinical psychologist's supervision, detailed case history, mental status examination and relaxation training were conducted.

### **Psychology Intern, Mind Circle Neuropsychiatry & Drug Deaddiction Clinic, New Delhi**

MARCH 2018 – APRIL 2018

Under clinical supervision carried out detailed case history and baseline assessments addressing adverse behavior related to drug and alcohol.

### **Psychology Intern, St. Stephen's Hospital, Tis Hazari, New Delhi**

JUNE 2017 – JULY 2017

Under clinical supervision, carried out detailed case history and mental status examination. Observed psychological assessments and interventions under the supervision of clinical psychologists.

### **Psychology Intern, National Association of Street Vendors of India, New Delhi**

JUNE 2016 – JULY 2016