



My goals: Enhance skills, learn constantly, adapt to changing behavior and guide clients to positive well-being and harmonious symphony through interpersonal and intrapersonal consonance.

SKILLS

TEAMWORK

COMMUNICATION

COUNSELLING AND
PSYCHOTHERAPY

EMPATHY

RESEARCH AND THEORY

CASE STUDY

FORMULATION

WRITING REPORTS

SENSITIVE TO DETAILS

PROFICIENCY IN SPOKEN
AND WRITTEN ENGLISH

LANGUAGE

ENGLISH

HINDI

Gauri Sharma

I am an aspiring Clinical Psychologist, deeply passionate about engaging with individuals to foster meaningful connections. My journey in Psychology has led me to develop skills and interest in psychological assessments, psychotherapy, and counseling. I am a firm advocate of cultivating strong and positive therapeutic relationships.

EDUCATION

- Master's in Clinical Psychology (2020-2022)
Banaras Hindu University **CGPA = 8.95**
- B.A. Programme, Psychology (2016 - 2019)
University of Delhi **CGPA = 7.803**

WORK EXPERIENCE

Counselling Psychologist

Jagruati Rehabilitation Center | September 7, 2023 - Present

- History taking, case management, clinical documentation
- Psychometric assessments
- Individual psychotherapy sessions (CBT, DBT, Motivational Interviewing)
- Group psycho-education sessions, art therapy, family sessions, relapse prevention
- Behavioral interventions

INTERNSHIPS

1. **Psychological Research & Scale Development at Defence Institute For Psychological Research(DIPR), Defence Research and Development Organisation(DRDO) , Delhi**
|October 2021-November 2021
 - Learnt the basics of conducting psychological research while also gaining hands-on experience in the same.
 - Research topic was "Development of Self-Discipline scale".
 - Currently in the process of publishing the research paper.

2. **Psychological First Aid to the inmates of Tihar Prison in collaboration with Mental Health Foundation(MHF), Delhi** | April 2018 - July 2018

- Psychological First Aid was given to the inmates.
- Focus was on the 'Mulaiza' Ward.
- Immediate attention was given to the inmates facing serious psychological issues. **(Contd.)**

OTHER CO-CURRICULARS

- Adolescent peer educator regarding topics like drugs, gender sensitization, peer relationships etc.
- Green school project leader in school.
- Active participation in climate change conferences over the years

Paper Presentation on "Role of counselling in Relationships: A study on Coping Strategies during emotional distress" in International Conference held at Aligarh Muslim University, 2022.

Interests

- Yoga and meditation
- Nature Photography
- Gardening
- Travelling and learning about different cultures

- Helped in the diagnosis of inmates with Psychological problems through observation and MINI interview manual.
- Learned about different disorders and their interventions.
- Referred inmates to psychiatrists and other physicians as needed.
- Educated the inmates about the facilities provided in jail - IGNOU affiliation, healthcare facilities, canteen, sports, library etc.
- Part of anti- tobacco campaigns in the jail premises.
- Database management of the inmates interviewed (in separate files and Excel sheets).
- Weekly reports and presentations

TRAININGS AND WORKSHOPS

- National workshop on Research methods in Behavioral Sciences, B.H.U (7th March- 16th March, 2022).
- Introduction To Advanced Cognitive Processes
- IIT Kanpur, Online (Aug 2021 - Oct 2021)
- Emotional Intelligence, IIT Kharagpur, Online (Jan 2021 - Mar 2021)
- International training workshop on Assessment of Personality and Intelligence on Psychotherapy, Department of Psychology, B.H.U (26th October-1st November, 2021).
- Participated in EEG Neurofeedback workshop, NFSU, Gujarat.
- Participated and performed several duties at International Conference on Perspectives of successful ageing, 2016.

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