**Ekaansh Sharma**

Curriculum Vitae

*Professional Summary*

A dedicated Senior Resident in Psychiatry with 3 years of experience, specializing in Child and Adolescent Mental Health Services (CAMHS) and ADHD. I have worked extensively in the field of child psychiatry, including conducting a thesis on the psychiatric morbidity of primary school children and delivering care to children with ADHD, autism, and intellectual disabilities. My work has focused on reducing caregiver burden, raising awareness, and ensuring accessible support services. I have clinical experience in India , including running awareness and support programs for children with special needs. I also have been influencing people through my social handle( Mind Gates on Instagram with more than 14k followers) for mental health and striving to minimize stigma.

Personal Detail and contact information

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| **Phone number** | +91-956085540 |
| **Email Address** | drekaansh@gmail.com |
| **Home Address** | A 5/37 sector 16 Rohini New Delhi - 110089 |

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| GMC Registration | No |
| Registration | Delhi Medical council( DMC/R/20565) |
| Memberships | Indian Psychiatry Society/Delhi psychiatry Society |

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| **Qualifications** | Bachelor of Medicine and Bachelor of surgery (MBBS), Doctor of Medicine (MD) in Psychiatry |
| **Current Position** | Senior Resident in Institute of Health and Behavioural Science (IHBAS), New Delhi |
| **Sub-specialty interests** | Child Psychiatry speciality |

**Education**

**MBBS**- School of medical sciences and research, greater Noida (august 2012- September 2018)

**MD-** Rohilkhand medical college (May 2019- June 2022)

**Current Employment**

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| **Employment**  **Dates** | **Current Employer** | **Department / Scope of Work** |
| 16 June,2023 till date | The **Institute of Human Behaviour and Allied Sciences (IHBAS)** is a premier specialty hospital situated in Delhi, India, specializing in mental health and neuroscience. Formerly recognized as the Hospital for Mental Diseases in Shahdara, it holds the distinction of being the world’s largest mental hospital in terms of campus area and the volume of patients it serves. IHBAS provides a diverse array of services, encompassing outpatient care, emergency treatment, and intensive care unit (ICU) facilities.  **Position/Designation** – worked as a senior resident equivalent  **Working hours** (56-58 hrs/week) | * Specialize in Child and Adolescent Mental Health Services (CAMHS), seeing patients with ADHD and other developmental disorders. * Manage approximately 150 cases of ADHD annually, involving diagnosis, treatment planning, and follow-up consultations. * Actively participate in the Child Psychiatry OPD, held every Tuesday and Friday, providing clinical care to children with various psychiatric conditions, including ADHD. * Led various therapeutic interventions for children with ADHD and other behavioral disorders, implementing both pharmacological and non-pharmacological approaches.   **Academic Responsibilities:**   * Supervising thesis, projects and seminar presentations.   **Research Contributions:**   * Engaging in research and publication. * Providing mentorship for thesis writing and academic dissemination.   **Clinical Duties:**   * Managing both Outpatient (OPD) and Inpatient (IPD) psychiatric services. * Offering independent decision-making and guidance to junior resident. * Administering treatments such as   **Electroconvulsive Therapy (ECT)**.   * Serving as the in-charge of rotation-based clinics, namely: |

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|  |  | * **Geriatric Clinic** * **Drug and Rehabilitation Treatment Clinic (DATRC)-**   **Incharge**   * **Child Guidance Clinic (CGC)** * **Marital and Psychosexual Clinic (MPC)-Incharge** * **Halfway Home-incharge** * Overseeing various psychotherapeutic approaches, including:   Psychodynamic psychotherapy (54 sessions)   * + **Motivational Enhancement Therapy (MET) (54 sessions)**   + **Cognitive Behavioral Therapy (CBT)(42 sessions)**   + **Dialectical Behavior Therapy (DBT)(42 sessions)**   + **Exposure and Response Prevention (ERP)(42 Sessions)**   + **Family Therapy(36 sessions)**   **Emergency Psychiatry:**   * Providing urgent care in psychiatric emergencies. * Overseeing the psychiatric intensive care unit (ICU). * Assessing and treating patients in critical conditions.   **Forensic Psychiatry:**   * Evaluating the fitness to stand trial and capacity assessments for legal cases. * Conducting assessments for boards such as the **Mental Illness Board Intellectual Disability Board** and Specific Learning   Disability Board |

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|  |  | * Issuing disability certificates to patients with mental illnesses.   **Case Management and Multidisciplinary Team Coordination:**   * Acting as a case manager to coordinate care with a multidisciplinary team. * Collaborating with clinical psychologists, psychiatric social workers, and occupational therapists. * Facilitating referrals to other specialist departments as needed. |

**Employment History**

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| **Employment Dates** | **Previous Employer** | **Department / Scope of Work(56 -58 hrs /week )** |

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|  |  | **Outpatient (OPD) and Inpatient management** |
| 15/05/2022- 16/06/2023 | Rohilkhand Medical College is a 200- bed deemed hospital renowned for its comprehensive healthcare services across various departments. It notably operates a specialized  **deaddiction centre and child psychiatry** along with general psychiatry opd.  **Position/Designation** – worked as a senior resident  **Working hours** (56-58 hrs/week) | * Coordinating comprehensive care for juveniles undergoing detoxification and deaddiction and rehabilation. * Implementing psychotherapeutic interventions such as **Motivational Enhancement Therapy** and relapse prevention measures * Screening for psychiatry disorder along with multidisciplinary approach   **Psychotherapy sessions**   * Facilitating role-playing and family therapy sessions * Providing psychoeducation to family members, equipping them with knowledge and strategies to support the juvenile’s recovery.   **Community awareness programmes:**   * Engaging in community outreach initiatives to raise awareness about juvenile substance use. * Establishing reference networks for continued support and management of juvenile addiction cases. |

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| June 2023- present | The **Institute of Human Behaviour and Allied Sciences (IHBAS)** is a premier specialty hospital situated in Delhi, India, specializing in mental health and neuroscience. Formerly recognized as the Hospital for Mental Diseases in Shahdara, it holds the distinction of being the world’s largest mental hospital in terms of campus area and the volume of patients it serves. IHBAS provides a diverse array of services, encompassing outpatient care, emergency treatment, and intensive care unit (ICU) facilities.  **Position/Designation** – worked as a senior resident equivalent  **Working hours** (56-58 hrs/week) | Employment entitle above |

**Clinical Skills or clinical work during M.D.**

Assisted and performed Electroconvulsive Therapy (ECT)

History collecting, examination and diagnosis of the mental illness and its treatment.

Well versed with a variety of Psychotherapies.

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**Highlights:**

**Junior Resident in Psychiatry (May 2019-May2022) (56 -58 hrs /week )**

**Designation:**

* Took part in the management of patients of Addiction Disorder, Psychotic Disorder, Mood Disorder and so on

**Clinical work during M.D. training:**

* Management of psychiatric outpatients and inpatients according to the standard guidelines
* Assisted in application of neuropsychological assessments and psychiatric scales
* Administering psychoeducation to patient and family members, psychotherapies- supportive, cognitive, behavioral, dialectical behavior therapy, motivation enhancement therapy, marital counselling, insight oriented psychotherapy Personality Assesment projective and objective,Neuro psychological asessment and so on
* Emergency management of acutely disturbed patients, estimating suicide risk and appropriate intervention
* Managed rehabilitation of psychiatric patients
* Gained experience in the management and treatment of Organic Brain Disorders with Behavioral Disturbances, Substance Use, Psychotic Illnesses, Mood Disorders, Anxiety and Obsessive Compulsive Disorders, Psychosomatic Disorders, Personality Disorders and Childhood Psychiatric Disorders
* Ensured regular visits to the community to address the mental health needs, participated in the School Mental Health Programme and so on
* Played key role in assisting specialty clinics like Deaddiction Clinic, Child Guidance Clinic, Dementia Clinic and Marital & Psychosexual Clinic

**Inpatient Ward Management**

* + Collaborated with psychologists, social workers, and nursing staff to provide comprehensive inpatient care under the guidance of consultant

**Emergency and Liaison Services**

* + Psychiatric Emergency Service – attended psychiatry emergency and appropriate management
  + Ward Liaison- referral to various other departments

**Community Psychiatry**

* + Managed outpatient services and participated in mental health camps, including school programs in Bengaluru.

**Addiction Psychiatry**

* + Oversaw inpatient and outpatient addiction therapy clinics.
  + Administered opioid substitution therapy (Methadone/Buprenorphine).

**Child and Adolescent Psychiatry**

* + Managed care in collaboration with child psychiatrist and therapists.

**Psychotherapy**

* + Practiced exposure and response prevention for OCD.
  + Conducted Habit Reversal training for Tourette syndrome and Trichotillomania.
  + Provided Behavioral Therapy for ADHD, including parent skill training.
  + Anger Management and Marital Therapy.
  + Cognitive behavior therapy (CBT)
  + Motivational Enhancement Therapy (MET)
  + IQ Assessments
  + Martial and psychosexual therapy -Sensate Focus Therapy, Couple therapy
  + Insight oriented Therapy
  + Psychodynamic Psychotherapy

**Psychological Assessment/Psychodiagnostics**

* + Administered psychometric tests including IQ, Neurocognitive assessments, and Personality Evaluation-projective and objective.

**Neuromodulation**

* assisted ECT and rTMs

**Neurology Experience**

* Managed inpatient wards, outpatient services, and performed procedures like spinal tapping and EEG/EMG/NCV during rotational posting

**Teaching -**Teaching interns, help in history taking

**Publications / Presentations Thesis**

“Psychiatric comorbidity and quality of life among tension type headache patients” was submitted to Bareilly international University, Uttar Pradesh

**Publication**

1. **Use of complimentary alternative medicines among the North Indian elderly patients visiting a tertiary- care hospital ( ICMR 2016 ) –**
2. **Psychiatric comorbidity and quality of life among tension type headache patient (AJMS 2022)**
3. **A comparison of burden of care in caregivers of patients with Schizophrenia and Obsessive compulsive disorder ( AJMS 2022).**

**Other Relevant Work Experience / Information**

**Training:**

**Medical Council Registration: Delhi Medical Council, DMC Languages: English, Hindi, Punjabi, Sanskrit, Urdu**

**Workshops:**

1. **Workshop on mental health- Rising trend of common mental disorders in SRMS , Greater Noida in 8th December 2013**
2. **Workshop on thesis writing through ICMR and Division of National institute of Cancer Prevention Research- on 23-24/09/19**
3. **Training programme for improving the safety and quality of blood transfusion process in Indian Medical Association, Bareilly- 16/02/20**
4. **Workshop on Suicide Prevention Safety Planning In Institute of Human Behaviour and Allied Sciences- 11/09/23**

**Personal Interests: Creating influencial videos for mental health awareness ( Mind Gates – Instagram with more than 14k followers), Proficient Guitar player and singing, Video Games ( hosted and won many game related awards)**

**References: on request**

Statement of Interest

I am writing to express my strong interest in pursuing a career in Child Psychiatry, a field that combines my passion for mental health with my commitment to supporting children and adolescents. Throughout my academic journey and practical experiences, I have developed a profound understanding of the unique psychological challenges faced by young individuals and the critical importance of early intervention and tailored therapeutic approaches

My interest in Child Psychiatry was sparked during my undergraduate studies in psychology, where I had the opportunity to volunteer at a local children's hospital. There, I witnessed firsthand the impact of mental health issues on children and their families. Engaging with young patients and observing their struggles with anxiety, depression, and behavioral disorders deepened my desire to specialize in this area. I found it incredibly rewarding to help children express their feelings and navigate their challenges, fostering resilience and hope.

Furthering my education, I pursued a Master’s degree in Clinical Psychology, where I focused my research on childhood trauma and its long-term effects on mental health. This experience not only enhanced my knowledge of developmental psychology but also underscored the significance of a multidisciplinary approach to treatment. I am particularly interested in integrating evidence-based therapeutic techniques with family involvement, understanding that mental health is a collective journey that involves caregivers and significant others in a child's life.

Moreover, I have completed internships in various settings, including schools and community mental health centers, where I collaborated with educators and social workers to provide support to children facing emotional and behavioral challenges. These experiences reinforced my belief in the necessity of early intervention and the role of preventative measures in promoting mental well-being among children.

I am particularly drawn to Child Psychiatry because it allows for a holistic approach to treatment, addressing not only the psychological aspects but also the social, educational, and familial contexts of a child's life. I aspire to contribute to research and clinical practices that enhance the effectiveness of interventions for mental health disorders in children and adolescents.

In conclusion, I am eager to further explore the field of Child Psychiatry through advanced education and training. I believe that my background, combined with my passion for advocating for children’s mental health, will enable me to make a meaningful impact in this vital field.