

SHREYA SHARMA, Clinical Psychologist (RCI Registered)

- Assessment, diagnosis, planning and execution of therapy on a need basis for mental health care patients
- Working closely with the Psychiatrist to provide comprehensive treatment
- Family-centered communication to help the family understand its role in caregiving
- Well versed in following tests and therapies:
 - Psychological tests: Aptitude tests, Social and Developmental tests, Substance abuse screening tests, Personality tests, Intelligence tests, Learning Disability test, ADHD assessments, Autism assessments, Projective tests and Neuropsychological test
 - Therapies: Behavior Therapy, Cognitive Therapy, Cognitive-Behavior Therapy, Rational Emotive Behavior Therapy, Relaxation training, Group Therapy, Behavior Modification

WORK EXPERIENCE:

Work Experience		
Clinical Psychologist	HCL Healthcare	October'23- Present
<ul style="list-style-type: none">• Providing counselling and therapies to foster positive mental health and personal growth for Hcl employees and Shiv Nadar University staff and students.• Working with individuals, families, and groups• Keeping confidential records• Psychological assessments• Building a relationship of trust and respect with clients• Social responsibility of organization of campaigns and awareness talks• Delivering workshops and lectures for Shiv Nadar University and HCL Healthcare employees• Designing Training modules for students and employees.• Performance based Feedbacks and Counseling for employees at HCL Healthcare		

Work Experience		
Clinical Psychologist	Maulana Azad Medical College	August'23- September'23
<ul style="list-style-type: none">• Providing counselling and therapies to foster their positive mental health and personal growth• Working with individuals, families and groups• Keeping confidential records• Psychological assessments• Building a relationship of trust and respect with clients		

Work Experience		
Clinical Psychologist	Fortis Escorts Heart Institute	August'23-September'23
<ul style="list-style-type: none"> • Providing counselling and therapies to foster their positive mental health and personal growth • Working with individuals, families and groups • Keeping confidential records • Psychological assessments • Building a relationship of trust and respect with clients 		

Work Experience		
Clinical Psychologist	Happiness Studio	August'23-September'23
<ul style="list-style-type: none"> • Providing counselling and therapies to foster their positive mental health and personal growth • Working with individuals, families and groups • Keeping confidential records • Psychological assessments • Building a relationship of trust and respect with clients • Social responsibility of organization of campaigns and awareness talks • Creation of content for delivering workshops, lectures • Developing the tele health care app i.Being 		

Work Experience		
Clinical Psychologist	Shree Narayan Hospital (9:30 AM to 2:00 PM)	April'21- July'23
<ul style="list-style-type: none"> • Providing counselling and therapies to foster their positive mental health and personal growth • Working with individuals, families and groups • Keeping confidential records • Psychological assessments • Building a relationship of trust and respect with clients 		

Work Experience		
Clinical Psychologist	Careme Health Online Counselling (Evening)	April'21- Present

- Providing counselling and therapies to foster their positive mental health and personal growth
- Working with individuals, families and groups
- Keeping confidential records
- Psychological assessments
- Building a relationship of trust and respect with clients

Work Experience

Clinical Psychologist	PsychCorner	Dec'20- March'22
<ul style="list-style-type: none"> • Conduct internships on Clinical Psychology and Neuro Psychology and aim at providing in-depth and enriching knowledge for budding psychologist to embark upon. • Aimed at personification of self-help conversation around Mental Health and promoting general awareness and well-being for everyone through personal guidance, role-play, assignments, notes and various activities which will enrich your training. 		

Case Manager	Autism center For Excellence	Jan'17- May'17
<ul style="list-style-type: none"> • Develop and implement individualized educational plans based on the child's needs along with the junior programme specialist/ programme manager. • Assist the clinical team in monitoring progress and assessments. • Conduct regular scheduled visits to the homes of students. • Create daily/weekly reports capturing the child's progress. • Monitor and evaluate student educational and behavioral progress through meetings, routine observations, daily -weekly review of data and weekly meetings with the Programme Specialist. • Maintain student records through regular data collection and conduct graphic analysis of the data 		
Behavior Trainer	Abacus Management Consultants	Nov'16- Dec'16
<ul style="list-style-type: none"> • Conducting Training Needs Analysis for organizations. • Designing Training modules. • Doing end to end Training Projects. • Learning and Development Initiatives, Competency Mapping. • Performance based Feedbacks/ Coaching/ Counseling. 		

Assistant Merchandiser	Bharti Walmart	May'13- Dec'13
<ul style="list-style-type: none"> • Generating purchase orders, maintaining online item file • Coordinate with the vendors to update prices & strategize to increase sales • Planning product ranges in conjunction with buyers • Working closely with visual display staff and department heads to decide how goods should be displayed to maximize customer interest and sales; 		

INTERNSHIPS:

Two years of experience in case history taking, psycho-diagnostic testing and psychotherapies during M.Phil. Clinical Psychology (RCI recognized)

- Nur Manzil Psychiatric Centre, Lucknow under Dr. Hemant Naidu
- Nirvan Hospital, Lucknow under Dr. Deepanshu Agarwal
- Asmita Centre for slow learners and Mental Health, Lucknow under Dr. Krishna Dutt
- PYSSUM School for Special Needs, Lucknow under Ms. Anju Misra
- DOSTI School, Lucknow under Mrs. Tarannum Naheed Khan

- **Pushpanjali Crosslay Hospital (Max**

Healthcare, Vaishali) Nature of Internship:

Observational

Key Learning: The program was designed to encourage the development of clinical competence with children and families, with sensitivity to, and facility with, cultural differences, ethical issues, competencies in assessment, diagnostic interviewing, and training in empirically supported therapies for a

range of conditions. The program was rounded out with a variety of seminars and conferences dealing with psychopathology, clinical techniques, medical conditions, and researches.

- **Jain Hospital and Neuro Center, East Delhi**

Nature of the Internship: Observational

Key Learning: The program was designed to encourage the development of clinical competence with children and families, with sensitivity to, and facility with, cultural differences, ethical issues, competencies in assessment, diagnostic interviewing, and training in empirically supported therapies for a range of conditions. The program was rounded out with a variety of seminars and conferences dealing with psychopathology, clinical techniques, medical conditions, and researches.

- **Shiv Nadar School, Noida**

Nature of the Internship: Observational

Key Learning: The program was designed to provide consultation in relation to student's learning, behavior, and environments. Plan, organize and assign activities that are specific to each student's abilities. It aimed to provide individual and group interventions, including counseling. I also conducted presentation and seminar on stress management, time management, leadership and prepared a lesson plan for handwriting improvement techniques for children.

- **Genesis Colors Pvt Ltd (Satya Paul)**

Project Title: Study of consumer taste and preference for Designer wear Cotton suits/Thaans/Tops/Kurtis/Tunics and Anarkalis.

Summary: Study Indian Designers like Satya Paul, Ritu Kumar, Tarun Tahilani, Rohit Bal etc. who are the leading cotton products designers in each of the following categories: Cotton Suits/Thaans/Tops/Kurtis/Tunics and Anarkalis from a design and price point perspective.

OTHER PROJECTS:

- Mental Health Camp at Nirvan Hospital, Lucknow
- Community awareness camps- psycho drama on suicide prevention and substance abuse
- Seminar presentation on disorders of memory and expressed emotion
- Teaching underprivileged students at Amitsha (a school run by Amity for underprivileged girls)
- Participated in the World Mental Health Day
- Dramatic representation of childhood disorders

PUBLICATIONS:

- **Screen time, sleep quality and depressive symptoms during lockdown due to Covid'19** International E- conference, Dr. MGR Janki College Of Arts And Science For Women, Chennai *Shreya Sharma and Tanzuma Zaman*
- **The psychological impact of covid-19**
Blues of Covid- 19
Shreya Sharma
- **Rumination and level of depression among women with polycystic ovary syndrome, irregular menstrual cycle, and regular menstrual cycle**
Shodha International Journal
Shreya Sharma S.Z.H. Zaidi**Stuti Kacker****

ACADEMIC ACHIEVEMENTS AND AWARDS:

- Dissertation on “Rumination, Defense Style and Level of Depression Among Women with Polycystic Ovary Syndrome, Irregular menstrual cycle and Regular menstrual cycle”.
- Presented a paper in Mental Health Day Awareness Program- 6th National Conference on Society and Well Being
- Term papers on topics: “Emotions”, “Conceptual Formation among Infants” and “Understanding Adolescents”
- Research paper on “Level of Hardiness among Teachers and IT employees”
- Research paper on a study of consumer attitude towards prepaid and postpaid services (Cell phones)

- Observational Study of the socio-emotional and cognitive development in kids in playschool between the age group of 3-5 with working parents.
- Seminar presentation on Rett Syndrome: Characteristics, Causes, and Treatment.
- Treatise report on Rett Syndrome: Characteristics, Causes, and Interventions.

TECHNICAL SKILLS: SPSS, MS OFFICE (WORD, EXCEL, POWERPOINT)

EDUCATIONAL QUALIFICATIONS:

Course	Year	Institution/ Board	Subjects/ Specialization	% / CGPA
M. Phil Clinical Psychology (RCI No: A70572)	2018- 2020	Amity University, Lucknow	Clinical Psychology	7.23
M.A. Clinical Psychology	2014-2016	Amity Institute of Psychology and Allied Sciences	Clinical Psychology	6.67
MBA	2011-2013	Amity Business School	Retail Management	7.43

PERSONAL DETAILS:

Date of Birth: 13th September 1988

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