

SHREYA GUPTA

Counselling Psychologist

9910062678

New Delhi

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ABOUT ME

I am a compassionate and creative Counselling Psychologist with a strong foundation in Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Trauma and Grief Therapy. I believe in blending evidence-based techniques with innovative, personalized interventions to make mental health support more engaging and accessible. My passion lies in using technology, visual storytelling, and design to create impactful psychoeducational content that resonates with diverse audiences. I have extensive experience in psychological assessments, case history analysis, and treatment planning, and I take pride in building safe, supportive spaces where clients feel heard and understood. My specialization in trauma-informed care and grief counseling allows me to guide individuals through emotional distress with empathy, helping them build resilience and regain a sense of control in their lives. Beyond therapy, I am a strong advocate for mental health awareness, using creative strategies to educate and empower people.

EDUCATION

AMITY UNIVERSITY, GREATER NOIDA

Post Graduate Diploma in Rehabilitation Psychology

2024-2025

AMITY UNIVERSITY, NOIDA

Master's in Clinical Psychology

2021-2023

UNIVERSITY OF DELHI, NEW DELHI

Bachelor's in Home Science

2018-2021

RYAN INTERNATIONAL SCHOOL, NEW DELHI

High School Diploma, Medical Stream

2015-2017

SKILL

- Clinical Assessment
- Psychological Testing
- Trauma Informed
- MS Word
- MS Excel
- Grief Therapy
- Canva
- Communication
- DBT

WORK EXPERIENCE

Counselling Psychologist (Freelance) - Mend

JANUARY 2025- PRESENT

- Conducted counseling sessions with 80+ clients via audio and video modes, addressing diverse categories such as self-improvement, love-relationship, break-up, and anger management achieving a client satisfaction rate of 95%
- Proficient in DBT, Trauma Informed, CBT and Grief Therapy

Counselling Psychologist

OCTOBER 2023- PRESENT

- Provided tailored counseling services to diverse clients using evidence-based therapeutic techniques.
- Conducted psychological assessments and developed personalized treatment plans.
- Maintained confidential client records and ensured ethical compliance in therapy sessions.
- Delivered psychoeducation and emotional wellness programs.
- Conducted crisis intervention and suicide risk assessments.
- Collaborated with psychiatrists and other mental health professionals for holistic client care.

INTERNSHIPS

IHBAS, New Delhi

AUGUST 2023– SEPTEMBER 2023

- Conducted diverse psychological and neurological assessments.
 - Took case histories and performed Mental Status Examinations (MSEs).
 - Gained observational experience in Outpatient Departments (OPDs).
 - Assisted in treatment planning for patients with severe psychiatric conditions.
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Sir Ganga Ram Hospital, New Delhi

JULY 2022– AUGUST 2022

- Worked extensively with children experiencing ADHD, autism, anxiety, and mood disorders.
 - Conducted MSEs and gathered detailed case histories for pediatric clients.
 - Developed proficiency in child psychology assessments.
 - Assisted in behavior modification strategies for children with neurodevelopmental disorders.
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Manobal Klinik, New Delhi

DECEMBER 2021– JANUARY 2022

- Acquired expertise in psychological testing, including the Rorschach Inkblot Test.
 - Developed skills in client observation and case history documentation.
 - Applied effective MSE techniques in clinical settings.
 - Assisted in therapeutic interventions for mood and anxiety disorders.
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CERTIFICATIONS

- Internationally Accredited Certificate Course in Counselling and Psychotherapy
 - Certificate of Practitioner in Trauma and Grief Therapy
 - Certificate of Working Under Intensive Therapy Supervision and Handling Clients
 - 2-Week Certificate Course under Dr. Dwarka Pershad on Psychological Assessments
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LANGUAGES

- English
- Hindi