



Sumedha Sharma

Clinical Psychologist
Associate- RCI Licensed

Contact

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- Jammu, J&K, India

PROFESSIONAL SUMMARY

RCI-licensed Clinical Psychologist with hands-on experience across military, hospital, and private practice settings. Skilled in psychological assessments, therapy, and eclectic approaches like CBT, REBT, and hypnotherapy. Currently pursuing psychopharmacology to offer integrative mental health care.

LICENSES & CERTIFICATIONS

- RCI License – Clinical Psychologist (Associate)**
Rehabilitation Council of India
- Certified Clinical Hypnotherapist**
California Hypnosis Institute, USA
- Clinical Psychopharmacology (In Progress)** *University of California, Berkeley – Online Program*

Education

- Professional Diploma in Clinical Psychology** *Aug 23- Aug 24*
SGT Medical College, Gurugram
- Masters Degree in Clinical Psychology** *2021- 2023*
Amity Institute of Psychology & Allied Sciences, Noida
- BA (Hons.) Sociology** *2017- 2020*
Minored in General Psychology
Bharati College, University of Delhi

Professional Experience

Clinical Psychologist (Station Posting)

Command Hospital, Udhampur, J&K *Nov 24- Present*

Providing psychological care to serving personnel and their dependents through structured psychotherapy, crisis intervention, and routine mental health consultations. Conducting annual psychological vetting, disciplinary and conduct-related evaluations, and routine OPD rounds at station MI Rooms. Delivering psychoeducational workshops in army units focused on operational readiness, stress resilience, and mental well-being.

Private Practice- Clinical Psychologist

Manha Vidhi Clinic, Jammu *July23- Present*

Running an independent mental health clinic offering psychotherapy, diagnostic assessments, and intern supervision. Specializing in adult anxiety disorders, OCD, and burnout using eclectic approaches including CBT, humanistic therapy, and clinical hypnotherapy.

Clinical Psychology Trainee

SGT Medical College *Aug,23- Aug, 24*

Completed intensive supervised training in clinical assessment, diagnosis, and psychotherapy across OPD, IPD, and emergency settings. Worked with diverse psychiatric populations using CBT, REBT, and psychodynamic frameworks under multidisciplinary guidance.

Counselling Psychologist

Unturned Stones Clinic, Delhi *Feb,23- Aug, 24*

Managed therapy cases independently using CBT and positive psychology frameworks, conducted workshops, developed self-help workbooks

Clinical Psychology Intern

GMC Gandhinagar, Jammu *Mar,22- April, 22*

Assisted in assessments, MSE, therapy observations, and preliminary diagnostic procedure

Theory Formulation & Research Intern

Unturned Stones Clinic, Delhi *Sep,21- Feb, 22*

Focused on CBT and humanistic case conceptualizations, and development of psychological tools