



ASTHA BHARDWAJ

PSYCHOLOGIST

CAREER OBJECTIVE

"I am a dedicated psychologist committed to promoting mental health and well-being through evidence-based practices, aiming to support individuals in achieving personal growth and resilience."

EXPERIENCE

1 Year 1 month

CONTACT

PHONE:

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ADDRESS

Indirapuram, Ghaziabad
Uttar Pradesh - 201014

SKILLS

- Active Listening
- Communication Skills
- Empathy and Compassion
- Problem Solving
- Crisis Intervention
- Team Work & Collaboration
- Flexible & Adaptable
- Dependable & Responsible

EDUCATION

- Pursing PGDGC: Jamia Millia Islamia(2024-2025)
- Msc. Clinical psychology:SGT University,Gurgaon (2023)
- Ba Hons Psychology: SGT University, Gurgaon (2021)
- 12th Class, CBSE: MDVM Parle School, Rajasthan (2018)
- 10th Class, CBSE: MDVM Parle School, Rajasthan (2015)

WORK EXPERIENCE

PROFESSIONAL EXPERIENCE

- **Divinity Heals Clinic** (Experience: December 2023- 2025 Jan)
Position: *Psychologist*

Job Profile:

- Provided individual and group counseling to clients, addressing a range of psychological issues.
- Assisted in the administration and interpretation of psychological tests and assessments.
- Developed comprehensive psychological reports based on test results, client interviews, and clinical observations.
- Collaborated with multidisciplinary teams to create and implement tailored treatment plans.
- Monitored client progress and adjusted therapeutic approaches as needed.
- Maintained detailed and confidential client records in compliance with ethical standards.

INTERNSHIP

➤ HCR Institute Psychiatry & Deaddiction Sept'22-Dec'22

Responsibilities: -

- Developed and coordinated a comprehensive treatment plan, intervention on patients with varied disorders.
- Offered Empathetic Therapy, Dramatics Therapy to adult clients with wide range of psychological problem.
- Administer, Score, Interpret Psychological, Personality, Psychometrics test to adults and children.
- Conducted patient observation by monitoring behavior and documented all the details related to client.

➤ AASHRAY NGO March'22-June'22

RESPONSIBILITIES: -

- Learn Case History Taking And Rapport Building
- Performed Psychoanalytic Approach
- Conducted Malin's Intelligence Test, Seguin Form Board Test On Children
- Completed Administrative Work And Performed Other Duties Under The Supervision Of Sister Raihna

➤ VIMHANS HOSPITAL June 2021 – July 2021

Responsibilities

- Learned case history taking and rapport building.
- Performed Psychoanalytic – Relaxation Therapy on Clients with Anxiety issues.
- Observation assistant in IPD

CERTIFICATION

- Completed Basic level 1 Certification of GRAPHOLOGY (Hand writing & Signature Analysis)
- Learned to analysis one's personality through Drawings, Signature and Hand Writing

CONFERENCES ATTENDED

- Attended International Conference ICCBI 2018(CBT)
- International conference PSYHW- 2022(Psychosocial Implication in Health and Wellbeing: Looking Beyond the Boundaries"
- International conference on projective psychology 2020

ACHIEVEMENTS & EXTRA-CURRICULAR ACTIVITIES

- Awarded medals in inter-school and external basketball events and tournaments.
- Secured medals in various inter-college Basketball and Race tournaments by demonstrating strong teamwork and athletic skills, contributing to team success.