

## CURRICULUM VITAE

**Name-** Dhyuti Sachdev

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### Objectives

With an M.Phil. in Clinical Psychology from Shree Guru Gobind Singh University, Gurgaon, I am driven by a deep passion for integrating research and therapeutic methods to shape the future of mental health care. With a foundation in psychometric assessments and evidence-based therapies, my goal is to enhance individual well-being and contribute to broader psychological initiatives. I am committed to staying at the forefront of clinical advancements, I seek opportunities to innovate and expand mental health solutions for diverse communities, while fostering both personal and collective growth.

### Educational Qualification

Bachelor of Arts (Hons) Applied Psychology in 2019 from Shyama Prasad Mukherji College, Delhi University.

Masters of Arts in Psychology in 2021 from Maharishi Dayanand University, Rohtak.

Diploma in Guidance and Counselling in 2022 from Maharishi Dayanand University, Rohtak.

**Masters of Philosophy in Clinical Psychology (RCI) from Shree Guru Gobind Singh Tricentenary University, Gurgaon.**

**UGC NET Qualified in Psychology, November 2022.**

**Enrolled in Ph.D. in Psychology in 2024 at Punjabi University Patiala, Punjab, India**

### Professional Experience

#### Clinical Experience- 2 Years

During my training period, I have dealt with a diverse range of patients with various mental health issues. I have extensive hands-on experience in conducting psychometric assessments, including IQ assessments and personality assessments. I have applied different evidence-based therapeutic approaches tailored to individual needs, such as Cognitive Behavior Therapy (CBT), Dialectical

Behavior Therapy (DBT), and Behavior Therapy. My approach emphasizes continuous learning and integrates a variety of psychological frameworks to deliver holistic, patient-centered care.

### **Research Achievements Conference Attended**

1. Two days Interdisciplinary International Conference on Role of Digitalization in Sustainable Development: A Global Perspective organized by Department of Education, M.D.U. Rohtak on September 16-17, 2017.
2. Second Fortis Annual Psychology Conference by Department of Mental Health and Behavioral Sciences at Fortis Healthcare organized on October 5- 7, 2018.
3. 7<sup>th</sup> International and 9<sup>th</sup> Indian Psychological Science Congress on Epidemic and Well-Being: The Voices of Psychology, held on 28<sup>th</sup> -29<sup>th</sup> Nov, 2020 at virtual platform, organized by National Association of Psychological Science India and Dept. of Psychology, Urba Minch Univ, Ethiopia.
4. 49<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologist on Recent Challenges in Psychotherapy and Supervision organized on 10 - 12<sup>th</sup> February, 2023

### **Paper Presented- 4**

1. A paper entitled as ‘Empathy- Sympathy in the Contemporary Digital World- A study on Teenagers’.
2. A paper entitled as ‘Hope and Resilience: A study on contemporary youth’.
3. A paper entitled as ‘Pandemic and Pains: Need for Psychoeducation’.
4. A paper entitled as ‘Self Compassion: A Therapeutic Tool For Better Living’.

### **Workshop and Webinars**

Participated in an international webinar on “Developing Fortitude during Pandemic: CBT Perspective” held on June 01, 2020.

Participated in an international webinar on “Emotional Awareness and its Impact on

Biopsychosocial Community’’ held on June 05<sup>th</sup>, 2020.

Participated in workshop ‘‘Introduction to Psychotherapy’’ held on 29<sup>th</sup> July, 2020.

Music: Prophylactic and Therapeutic Uses on 30<sup>th</sup> July, 2020 organized by Department of Psychology, M.D.U. Rohtak.

Participated in a workshop on ‘‘Introduction to Psycho-Oncology’’ held on 28<sup>th</sup> July, 2020.

Participated in a workshop on ‘‘Introduction to Art in Therapy’’ held on 31<sup>st</sup> July, 2020.

Participated in international webinar on ‘‘Building and maintaining interpersonal relationships’’ held on July 23<sup>rd</sup>, 2020.

Participated in international webinar on ‘‘The role of Hope in Posttraumatic Growth’’ held on July 25<sup>th</sup>, 2020.

Participated in a workshop on ‘‘Introduction to Fashion Psychology’’ held on July 27<sup>th</sup>, 2020.

Participated in workshop ‘‘Introduction to Music and Movement Therapy’’ held on 1<sup>st</sup> August, 2020.

Participated in workshop ‘‘Introduction to Sports Psychology’’ held on 30<sup>th</sup> July, 2020.

Participated in 3-day online course on ‘‘Introduction to Psycho- Oncology’’ held on 28-30<sup>th</sup> June, 2021.

Participated in 3-day online course on ‘‘Introduction to Art Therapy’’ held on 21- 23<sup>rd</sup> June, 2021.

Participated in International Certified Career Coach Program (Foundation Level 1) held on 19 - 20<sup>th</sup> Nov, 2021.

### **Internships**

**Completed 50 hours internship on Clinical Psychology held on 3<sup>rd</sup> to 12<sup>th</sup> July, 2020.**

**Participated in 15-day (1.5) hour online internship for college student held on 15<sup>th</sup> to 29<sup>th</sup> April, 2021.**

**Completed 1 month internship from State Institute for Rehabilitation, Training and Research(SIRTAR), Rohtak held on 16 June 2022 to 16<sup>th</sup> July 2022.**

### **Publications**

1. Midha, P., Budhiraja, A., and **Sachdev, D.** (2017). Can Internet usage bring happiness: A study on teenagers? *International Journal of Social Sciences Review*, 5(4), 672-674.
2. Budhiraja, A., Midha,P., and **Sachdev, D.** (2017). A study of empathy- sympathy among digital natives in contemporary network society. *International Journal of Social Sciences Review*, 5(4), 686-688.
3. **Sachdev, D.** (2017). Hearing Capability as an indicator of life satisfaction among elderly. *International Journal of Social Sciences Review*, 5 (Sp. Issue), 75-76.
4. Sachdev, R., Kaushik, R., **Sachdev, D.**, & Midha, P. (2023). Self-compassion as predictor of quality of life. (2019) . *International Journal of research and analytical reviews*, 6 (1), 144-158, ISSN:2349-5138.
5. Sachdev, R., Kumar, A., **Sachdev, D.**, & Midha, P. (2023). Unravelling determinants of teacher's attitude towards inclusive education : A need of Psycho-education. *Shodh Prabha*, 48(1), 77-99, ISSN: 0974-8946.

### **Membership of Academic/Professional Bodies : 1**

1. **Indian Academy of Applied Psychology**