

# SHIVANI BHARDWAJ

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## OBJECTIVE

Passionate and dedicated Mental Health Worker committed to promoting the well-being of individuals struggling with mental health issues. Seeking a rewarding position where I can apply my empathetic communication skills, crisis intervention knowledge, and patient-focused approach to contribute positively to the mental health community. Eager to collaborate with a dynamic team to create a supportive and inclusive environment that facilitates the growth and recovery of individuals. With a strong commitment to continuous learning and personal development, I aim to make a meaningful impact by providing compassionate care and fostering resilience in those facing mental health challenges.

## EXPERIENCE

### Age Ventures India

Office address: Hibiscus Care Home, H-34 Road, DLF – 1, Block – H, Gurugram, India.

28<sup>th</sup> September 2023 – till date (Full – time)

Position: Clinical Psychologist

- As a Clinical psychologist, I carry out the following duties:
- Conduct individual and group therapy sessions to address a range of psychological issues such as depression, anxiety, grief, and cognitive decline among elderly residents.
- Perform comprehensive psychological assessments to evaluate residents' cognitive functioning, emotional well-being, and adaptive behaviors.
- Collaborate with interdisciplinary teams including physicians, nurses, social workers, and occupational therapists to develop personalized treatment plans for residents.
- Provide crisis intervention and support for residents experiencing acute mental health crises or behavioral disturbances.
- Offer psycho education and support to families and caregivers to help them better understand and cope with the psychological needs of their loved ones.
- Maintain accurate and confidential documentation of all clinical interactions and treatment plans in accordance with professional and ethical standards.
- Participate in staff meetings and training sessions to contribute to the overall enhancement of mental health services within the facility.
- Arrange cognitive and fun activity sessions for the residents according to their interests and capabilities.

### Achieve Care Solutions

Office address: St James House, Pendleton Wy, Salford, M6 5FW

04<sup>th</sup> May 2021 – 28<sup>th</sup> February 2023 (Part – time)

Position: Mental healthcare support worker

In my role as a mental healthcare support worker, I have successfully handled a diverse range of tasks to ensure the well-being and support of individuals facing mental health challenges. I have actively participated in crisis intervention, providing immediate emotional support, and

## EDUCATION

### Ryan International School

Location: New Delhi, India

10<sup>th</sup> Standard: 6.0 CGPA (May 2014)

12<sup>th</sup> Standard: 76% (May 2016)

### GD Goenka University

Location: Sohna Road, Gurugram, India

2016 - 2019

Bachelor of Arts (Hons) in Psychology

CGPA – 6.28

### Manchester Metropolitan University

Location: Manchester, United Kingdom

2020 - 2023

PGDip in Forensic Psychology

## KEY SKILLS

- EMPATHY AND ACTIVE LISTENING
- CLINICAL ASSESSMENTS
- MICROSOFT OFFICE
- CRISIS INTERVENTION
- STRONG VERBAL & COMMUNICATION
- PROBLEM SOLVING
- STRONG ADAPTABILITY
- STRONG TIME MANAGEMENT
- COLLABORATION AND TEAMWORK
- CRITICAL THINKING
- ATTENTION TO DETAIL
- PROFICIENCY IN EMPLOYEE ENGAGEMENT
- CULTURAL COMPETENCE

## PROJECTS

- CORRELATION BETWEEN SELF-ESTEEM AND AGGRESSION IN COLLEGE GOING ADULTS.

implementing appropriate safety measures during challenging situations. As part of a multidisciplinary team, I have collaborated with healthcare professionals, such as psychiatrists and nurses, to coordinate and implement treatment plans. I have also assisted clients in their daily activities, including medication management, accompanying them to medical appointments, supporting their efforts in community reintegration and completing everyday tasks. Moreover, I have maintained accurate and confidential documentation, ensuring safety and ethical standards compliance. To keep the individuals safe, I have successfully completed the Prevention and Management of Violence and Aggression Training.

## EFY Group Private Limited

Office address: B20/6, Paschim Marg, DLF – 1, Block – F, Gurugram, India.

02<sup>nd</sup> January 2020 – 12<sup>th</sup> October 2020 (Full – time)

Position: Assistant Manager, HR

As an Assistant Manager in HR, I have effectively handled a diverse range of tasks, including recruitment and onboarding, policy development and implementation, employee engagement initiatives, performance management, and employee relations matters. I have demonstrated strong organizational and interpersonal skills, contributing to the overall success of the HR department and the organization.

## AD Acts Digital Private Limited

Office address: 527-528, Vipul Trade Centre, Sector – 48, Gurugram, India

10<sup>th</sup> February 2019 – 27<sup>th</sup> October 2019 (Full – time)

Position: Assistant Manager, HR

As an Assistant Manager in HR, I have played a key role in managing the recruitment process. This includes sourcing, screening, and interviewing candidates to attract top talent. I have effectively collaborated with hiring managers to understand their requirements, develop job descriptions, and ensure a smooth and efficient recruitment process. Additionally, I have utilized various recruitment channels and strategies to identify and attract qualified candidates. Through my expertise in recruitment, I have successfully contributed to building a strong workforce for the organization.

## BL Kapur SuperSpeciality Hospital

Office address: BL Kapur Super speciality Hospital, New Delhi, India

3 months Full – time internship/Assistant

Position: Intern/Assistant

In this hospital, I worked for 3 months as an “intern/assistant” under the renowned psychiatrist where I got to observe patients with different mental illnesses and daily check-ups of the patients admitted in the hospital for different reasons.

## Fortis Memorial Institution

Office address: Fortis Memorial Hospital, Gurugram, India

2 months Full – time internship

Position: Intern

In this hospital as well, I worked for 2 months as an “intern” with the psychology department where I got to observe the children when the child psychologist went for day check-ups, also observe the patients with different mental illnesses with another renowned psychiatrist.

- PSYCHOSOMATIC DISORDERS
- QUALITATIVE EXPLORATION AMONG STRESS IN FORENSIC PSYCHOLOGY STUDENTS

## PERSONAL DETAILS

- DATE OF BIRTH: DECEMBER 07, 1997
- AGE: 26
- GENDER: FEMALE
- MARITAL STATUS: SINGLE
- NATIONALITY: INDIAN

## REFERENCES

Available upon request.

