

# GARGI SHARMA

## Counselling Psychologist

Empathetic psychologist with efficient communication skills, devoted to providing and implementing effective treatment plans for children, adolescents and adults.

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📍 New Delhi, India

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## WORK EXPERIENCE

### Counselling Psychologist Possitive Vibes By Dr. Sasha

02/2025

Safdarjung Enclave, South Delhi

#### Achievements/Tasks

- Conduct in depth clinical interviews and gather case histories to support accurate diagnosis and treatment planning with the psychiatrist.
- Administer, score, and interpret psychological assessments ; prepare comprehensive reports and explain results to clients in an understandable way.
- Provide individual psychotherapy to adult clients, addressing concerns such as anxiety, depression, bipolar disorder, grief, OCD, trauma, and personality disorders using eclectic approach, integrating techniques from various therapeutic modalities based on client needs.
- Offer psychoeducation to clients and their families about mental health conditions, emotional regulation, and healthy coping mechanisms.
- Collaborate with the psychiatrist during case discussions, monitor client progress, and adjust therapeutic strategies to enhance treatment outcome.

### Consultant Counselling Psychologist Ahinsa Dham Bhagwan Mahavir Medical Center

06/2024 - 04/2025

New Delhi

#### Achievements/Tasks

- Provide In person counselling to adults seeking to address relationship challenges, behaviour challenges, communication issues, psychological issues and more.

### Counselling Psychologist Manas Foundation (Juvenile Home For Boys- II, DWCD, Government Of Delhi)

10/2023 - 01/2025

New Delhi

#### Achievements/Tasks

- Case Intake and Psychological evaluation of Juveniles, Provide Individual and Family counselling using various therapies as required for the intervention. Facilitated various workshops and recreational activities with the staff, juveniles and their families on weekly basis.
- Provided crisis intervention support during emergency situations and connecting individuals with appropriate resources for ongoing support, helping clients navigate acute distress while maintaining safety protocols.
- Provided training and supervision to psychology interns offering instruction and support in applying psychological theories and techniques in real-world client care settings.

## EDUCATION

### Post Graduate Diploma in Guidance & Counselling Jamia Millia Islamia

12/2023 - 03/2024

### Master of Arts (Clinical Psychology) Amity University

12/2023

### Bachelors of Arts (Applied Psychology) Amity University

12/2021

## SKILLS

University Examiner

Workshop Facilitation

Training and Supervision

Multicultural Sensitivity

Crisis Intervention

Trauma- Informed Therapy

Psychological Assessment and Evaluation

Dialectical Behaviour Therapy

Psychological First Aid

Relationship and Family Counselling

Cognitive Behaviour Therapy

Individual Counselling

Interpersonal Communication

## WORK INTERNSHIPS

### Anubhuti Clinic (09/2022 - 10/2022)

- Conducted psycho-educational evaluations of school-aged children identified or suspected of having learning or behavioral disabilities.

### The Happy Tree, Rehab Centre (10/2021 - 04/2022)

- Assisted Dr Ariba Abbasi in family therapy of IPD and OPD patients, couple therapy & individual therapy. actively listened to the distress of the client, and assisted the psychiatrist in keeping records of improvement.
- Facilitated group therapy sessions that fostered a supportive environment for patients working towards common goals.

### Manobal Klinik (09/2021 - 10/2021)

- Learned the how to build a rapport with clients through role plays, empathize with clients, and addressed clients respectfully when interacting with them and the informant.
- Conducted intake sessions with clients, gathering essential background information, case history and Mental status examination.

### Moolchand Hospital (06/2019 - 06/2019)

- Worked in the psychiatry department of the hospital under the team of psychiatrist & clinical psychologist Dr Jitender Nagpal
- Noted case history & observed sessions of Anxiety, Depression , Behaviour disability and personality disorders
- Participated in role play & drama to understand the role of counselling in depth.

## LANGUAGES

Hindi

Native or Bilingual Proficiency

English

Full Professional Proficiency

Punjabi

Professional Working Proficiency