

Lovleen Malhotra

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Location: New Delhi, India

Languages: English, Hindi

Profile Summary

Compassionate and result-oriented Psychologist with 9 years of diverse experience in clinical counselling, psycho-oncology, and community mental health. Skilled in psychological assessment, therapeutic intervention (CBT, trauma-focused therapy, and mindfulness-based approaches), and crisis management for individuals across all age groups. Demonstrated success in working within hospital settings (OPD/IPD), educational institutions, and NGOs, providing mental health support to underprivileged children, cancer patients, and the general population. Adept at interdisciplinary collaboration, case documentation, and delivering t through workshops and training sessions. Committed to ethical, evidence-based practice and fostering psychological resilience in clients.

Key Skills

Therapeutic Techniques Skilled in CBT, DBT, REBT, mindfulness, play therapy, or trauma-focused therapy, depending on specialisation..

Active Listening Ability to fully focus on the clients words, tone, and emotions without judgment.

Empathy & Compassion Deep understanding and validation of clients emotions and experiences.

Crisis Intervention Competence in managing clients in emotional or psychiatric distress, including suicide risk or trauma.

Confidentiality & Ethics Strong adherence to professional ethics and safeguarding client privacy.

Case Management Effective planning, documentation, and follow-up of client care.

Multidisciplinary Collaboration Working alongside psychiatrists, teachers, social workers, or medical staff.

Psycho education & Advocacy Educating individuals, families, or communities about mental health.

Education

M.A. in Psychology | Gautam Buddha University, Greater Noida | 2014 - 2016

B.A. in Psychology | Delhi University | 2011 - 2014

Work Experience

Psychologist | The Hans Foundation | Jul 2023 - May 2025

Psychosocial Support for Underprivileged Children: Provided trauma-informed counselling and emotional support to children from marginalised backgrounds, including those exposed to poverty, abuse, neglect, and violence. Helped children develop coping skills, emotional regulation, and social behaviour through individual and group therapy.

2. Conducted developmental, cognitive, and behavioural assessments to identify learning disabilities, emotional disorders, and developmental delays.

Designed individualised care plans based on assessment findings.

Delivered age-appropriate, evidence-based therapies such as play therapy, art therapy, CBT, and mindfulness practices.

Supported children with issues like anxiety, aggression, low self-esteem, attention difficulties, and trauma symptoms.

Conducted awareness programs on child rights, mental health, and emotional well-being for children, caregivers, and educators.

Caregiver and Staff Training:

Trained teachers, caregivers, and social workers in child psychology, trauma sensitivity, and behaviour management techniques.

Provided ongoing supervision and mental health support to frontline staff.

Documentation & Reporting:

Maintained detailed, confidential records of counselling sessions, progress reports, and program impact data for organisational monitoring and donor reporting.

Psychologist | Maharaja Surajmal Institute | Sep 2020 - Nov -2022

Provide psychological counselling to students dealing with stress, anxiety, depression, relationship issues, and academic pressure.

Conduct one-on-one or group therapy sessions as needed.

Organise and lead mental health awareness programs, stress management workshops, mindfulness sessions, and other wellness initiatives.

Conduct seminars on topics like exam stress, self-esteem, time management, etc.

Maintain confidential records of counselling sessions.

Submit periodic reports (non-identifiable data) to the college administration regarding the mental health trends on campus.

Visiting Psychologist | Doctors Hub | Jan 2020 Sep 2021

Conduct psychological assessments, intake interviews, and diagnostic evaluations.

Provide evidence-based therapy (CBT, DBT, REBT, etc.) for individuals, couples, or families.

Address a range of issues including anxiety, depression, relationship problems, trauma, addiction, and more.

Maintain a personalised schedule, seeing clients by appointment.

Collaborate with clinic staff for smooth client onboarding and session planning.

Maintain confidential, detailed client records in accordance with ethical and legal standards.

Track therapeutic progress and update treatment plans accordingly.

Psychologist | Venkateshwar Hospital | Mar 2017 Jan 2020

HIV pre- and post-test counseling.

Psycho-oncology Counseling: Provided specialized psychological support to cancer patients and their families across all stages of diagnosis, treatment, remission, and palliative care.

Conducted individual psychological assessments and therapeutic sessions for walk-in and referred patients.

Addressed emotional distress, grief, body image issues, existential concerns, and treatment-related anxiety. Offered end-of-life counseling and facilitated emotional support during terminal care.

Provided psychosocial support and grief counselling transplant

Guided caregivers in understanding patient needs, managing caregiver stress, and building emotional resilience.

Conducted family therapy sessions to address shared trauma and improve communication dynamics.

Maintained clinical records in compliance with hospital standards and confidentiality norms.

Participated in case discussions, clinical meetings, and mental health audits.

Clinical Quality Analyst | Sovereign Health, Gurgaon | Apr 2016 Mar 2017

Collected and analyzed clinical data.

Audited patient records and reviewed EMRs for guideline compliance.

Psychiatric Day-Care In-Charge | World Brain Centre Hospital | Oct 2013 Apr 2016

Managed patient tracking and care coordination in psychiatric settings.

Critical Thinking Analyzing behavior patterns and treatment outcomes objectively.

Confidentiality & Ethics Strong adherence to professional ethics and safeguarding client privacy.

Cultural Sensitivity Awareness and respect for diverse backgrounds, values, and belief systems.

Active Listening Ability to fully focus on the clients words, tone, and emotions without judgment.

Empathy & Compassion Deep understanding and validation of clients emotions and experiences.

I hereby declare that the above information is true to the best of my knowledge and belief.

Place: New Delhi Date 10 May 2025

Your Name

Lovleen Malhotra

References available upon request.