



SHWETA VATS

Masters's in Clinical Psychology



Birthday: 09 November 1998



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Location: VPO Samalka, New Delhi 110037

PROFESSIONAL SUMMARY

Dedicated Psychologist equipped with wide array of skills and knowledge. Extensive experience working in both clinical and NGO setting providing counseling to children, adolescents, and adults. Seeking for the opportunity to serve in an organization where my potential is utilized to maximum, leading to the growth of organization as well as my career.



WORK EXPERIENCE

Internship, Lady Hardinge Medical College

Four months

Department of Psychiatry & Drug De-addiction

New Delhi

- Collect information about individuals or clients, using interviews, case histories, observational techniques, and other assessment methods.

Internship, NGO SPYM

Three months

Drug De-Addiction & Rehabilitation Centre For Children.

New Delhi

- Support children's emotional and social development, encouraging understanding of others and positive self-concepts.
- Identify signs of emotional or developmental problems in children and bring them to parents' or guardians' attention.

- Counsel individuals, groups, families, or communities regarding issues including mental health, poverty, unemployment, substance abuse, physical abuse, rehabilitation, social adjustment, child care, or medical care.
- Interview clients individually, in families, or in groups, assessing their situations, capabilities, and problems, to determine what services are required to meet their needs.
- Maintain case history records and prepare reports.
- Counsel students whose behavior, school progress, or mental or physical impairment indicate a need for assistance, diagnosing students' problems and arranging for needed services.
- Build an understanding of various kinds of drugs and their effects on children.
- Done psychological assessments on the clients to assess the severity of the problem.

Internship, CIVIL HOSPITAL

One month

De-addiction and psychiatry department

Gurgaon, Haryana

- Observed various psychological disorders.
- Learned to make diagnosis

Internship, HCR Institute

One month

Psychiatry and de-addiction Centre

New Delhi

- Day care center for psychiatric patients and addiction patients.
- Observed the patient's improvement in their daily activity session.
- Took their daily interactive sessions.

Internship, Institute of Human Behavior & Allied Sciences

One month

Department of Psychology and Behavioral Unit

New Delhi

- Observed cases in OPD
- Learned tests for assessing the level of IQ
- Took counseling sessions.

Internship, Psychologists Magazine

Three month

New Delhi

- Study organizational effectiveness, productivity, and efficiency, including the nature of workplace supervision and leadership.
- Review research literature to remain current on psychological science issues.
- Handled the content for the magazine, social media, content writing for the magazine

**Internship, Institute of Human Behavior and Allied
Department of Psychology and Behavioral Unit**

**Two months
New Delhi**

- Learned tests for assessing IQ and Mental Retardation/intellectual Disability.
- Learned conducting assessment for various mental disorders/childhood disorders.
- Interact with clients to assist them in gaining insight, defining goals, and planning action to achieve effective personal, social, educational, and vocational development and adjustment.
- Test and measure patient's strength, motor development and function, sensory perception, functional capacity, or respiratory or circulatory efficiency and record data.
- Counsel outpatients or other patients during office visits.
- Collect information about individuals or clients, using interviews, case histories, observational techniques, and other assessment methods.

**Internship, Mother Divine Public School, Rohini New Delhi
PGT Psychology cum School Counselor**

**One Month
New Delhi**

- Took psychology classes of 11th
- Took counseling sessions
- Conduct 2-3 workshops

LANGUAGES

- Hindi
- English

SKILLS

- Counselling
- Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Microsoft Publisher, Microsoft Access
- Family Counselling
- Relationship Counselling

EDUCATION QUALIFICATION

Education	School/College	Board/University	CGPA/SGPA	Year
PG Diploma Guidance and Counselling	Vision Institute of Advanced Studies	Jamia Milia Islamia University		2022

M.Sc. Clinical Psychology	Faculty of Behavioral Sciences	SGT University	8.3 SGPA	2022
B.Sc. Clinical Psychology	Faculty of Behavioral Sciences	SGT University	7.8 SGPA	2019
Class 12 th	Heera Public School	CBSE	7.6 CGPA	2016
Class 10 th	Heera Public School	CBSE	8.8 CGPA	2014

ACADEMIC PROJECTS

- Presented a research paper on (Dyadic Coping) in the 42th Annual Conference of Indian Psychiatric Society - North Zone 2017.
 - Done a research study on "binge watching web-series online" in graduation.
 - Done a research study on "parenting styles in relation with coping strategies among adolescents" in post-graduation.
 - Attended seminar on Building Interpersonal Relationships, workshops on Dream Analysis and Body Language & psychology at Keshav Mahavidhyalaya (University of Delhi).
 - Learn and conducted a personality and cognitive test (Draw a person test) in the annual techno fest in college.
 - Volunteering in spreading awareness of mental health at Raahgiri, Gurugram.
 - Active participation in co-curricular activities
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ADDITIONAL INFORMATION

- Completed creative writing course from IGNOU
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