



# SHWETA VATS

## Masters's in Clinical Psychology



Birthday: 09 November 1998



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Location: VPO Samalka, New Delhi 110037

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## 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.

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## WORK EXPERIENCE

**MBD Public School, Nagafgarh**  
**School Counselor**

**1 Year Eight Months**  
**New Delhi**

- ☐ Took Counseling Sessions of all three wings of school.
- ☐ Class Observation
- ☐ Worked on Students in Special Needs.
- ☐ Took Counseling Sessions of Parents.
- ☐ Conducted Seminars and Workshops For Parents

**Urivi Vikram National Adolescent Centre,**  
**New delhi**  
**Senior Psychologist**

**1 Year Eight Months**  
**New Delhi**

- ☐ Taking Up Daily Cases .
- ☐ Conducting Assessment's on Clients

- ☐ Handle their social media accounts, and did weekly live sessions
- ☐ Group talk session were arranged
- ☐ Field camp and summer internship program for school students and old age age population were also managed and done
- ☐ Did Many Successful Workshops in School Associated With the Organization.
- ☐ Planning And Preparing Projects For Student Population.
- ☐ Supervising a Few ongoing Projects in Schools.
- ☐ Mentoring Interns.
- ☐ Leading the Preparation Of Projects For Schools Related With the Life Skills Training.

## **INTERNSHIPS**

**Four months**  
**New Delhi**

### **Internship, Lady Hardinge Medical College** **Department of Psychiatry & Drug De-addiction**

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

**Three months**  
**New Delhi**

### **Internship, NGO SPYM** **Drug De-Addiction & Rehabilitation Centre For Children.**

- ☐ 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, Psychologs 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

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## LANGUAGES

- ☐ Hindi
- ☐ English

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## SKILLS

- ☐ Career Counselling /GUIDANCE
- ☐ Life Skill Training
- ☐ Psychological assessments
- ☐ Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Microsoft Publisher,
- ☐ Microsoft Access

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## EDUCATION QUALIFICATION

Education	School/College	Board/University	CGPA/SGPA	Year
PG Diploma Guidance and Counselling	Vision Institute of Advanced Studies	Jamia Milia Islamia University	8.21	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 12th	Heera Public School	CBSE	7.6 CGPA	2016
Class 10th	Heera Public School	CBSE	8.8 CGPA	2014

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## 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

## ADDITIONAL INFORMATION

- Completed creative writing course from IGNOU
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