

# VANDANA SHARMA

Age: 44 Years • MBA, MS (Psychology) • Bangalore, India • Contact no: +91 9900192439 • [vandanashr9@gmail.com](mailto:vandanashr9@gmail.com)

---

## **Professional Summary**

Highly qualified Counseling Psychologist with over 5 years of experience in Couple Therapy, Panic Disorders, Stress Management, Anxiety, Depression, PTSD, Behavioral issues, Relationship issues, workplace stress, Handling Health issues and Parenting

## **Skills & Strengths**

- Skilled in conducting Individual counseling and Couple Therapy sessions
- Implementing behavior management system and conducting crisis intervention counseling
- Helping patients complete treatment plans aimed at improving Health conditions
- Highly skilled at cancer Patient Counseling
- Assessment/Treatment – Applying Psychological methods and techniques in screening assessments and evaluation of clients
- Record keeping – Maintain up to date documentation
- Confidentiality – Maintain high level patient confidentiality while handling case records, complying with privacy laws

## **Work Experience**

### **Counseling Psychologist – Freelancer**

April 2019 to till date – Mindspace, Cecureus and Indian Cancer Society

- Conducted counseling sessions to a diverse population of 300+ clients
- Performed assessments and evaluation for all ages
- Developed individualized treatment plans to address a broad range of Mental Health issues

### **Asst. Professor / Visiting Faculty at MBA Institutes**

Jun 2008 to April 2011

- Delivered lectures on Human Resources and Organizational Behavior
- Managed MBA curriculum and student development programs and campus recruitment
- Planned and executed management fests

### **Orchid Consultancy – Lead Coordinator**

March 2005 to October 2008

### **IBM India Pvt Ltd - On boarding Coordinator**

May 2004 – Feb 2005

### **Reliance Infocomm – HR Coordinator**

May 2003 – May 2004

## **Qualification**

- Master of Science (M Sc) in Counseling Psychology –Final semester results awaited
- Master of Business Administration (HR & Marketing) from Bangalore University in 2003
- Bachelor of Arts (B.A in Psychology) from Mount Carmel College in 2000

## **Training and Certifications**

- Faculty Development Program from IIMK (Indian Institute of Management, Kozhikode)
- Certified Emotional Wellness coach from Indian Cancer Society, Bangalore
- Workshop on 'Global Mental Health' from The Mind Research foundation