

SHREYA VARMA

502 Gulmohar Tower, Shipra Srishti Apartments, Indirapuram, Ghaziabad – 201014

Mobile: +919999746949

Email: shreyavarma@gmail.com

WORK EXPERIENCE

Symbiosis International (Deemed) University

August 2018 – Present

Psychologist

- Setting up the counseling and psychotherapy clinic for the campus in Noida
- Providing individual psychotherapy for the students and staff
- Providing group therapy to the students and staff
- Facilitating workshops to destigmatize mental illness and spread awareness

Sree Krishna Medical and Research Center

October 2016 – Present

Clinical Psychologist

- Providing psychological intervention for the individuals referred to the medical center
- Providing a comprehensive psychological evaluation for the patients requiring assessment for intellectual functioning, personality functioning, neuropsychological functioning and a diagnostic assessment

Fortis Healthcare

Clinical Psychologist

June 2017 – April 2018

- Providing psychotherapy for the various patients referred to the hospital
- Providing a comprehensive psychological evaluation for the patients requiring assessment for intellectual functioning, personality functioning, neuropsychological functioning and a diagnostic assessment
- Training the school and college interns coming in to the hospital
- Conducting training sessions and workshops for parents, teachers and students in school related to various mental health areas
- Conducting training sessions and workshops for the corporate sector related to stress and work-life balance

Tata Institute of Social Sciences

February 2017 – May 2017

Freelance Counselor

- Conducting workshops and providing counselling sessions for the students placed in Delhi.

Vidya Roshan Charitable Trust

September 2013 – May 2014

Consultant

- Selected topics and designed the content of all workshops held with rural and government school children.
- Conducted workshops on varied topics like life-skills, anger management, stress management, relevance of morals and ethics as well as peer pressure.

Sanjivini Society for Mental Health

June 2012 – August 2013

Junior Project Officer

- Worked as a counselor in the rehabilitation center for people diagnosed with chronic mental illnesses.
- Held individual and group therapy sessions with the clients and family therapy sessions with the caregivers under supervision.
- Conducted combined family meetings with the caregivers of those suffering from the chronic mental illness.
- Review and modification of implemented techniques and therapeutic session, along with regular supervision and training were inculcated.
- Trained volunteers on the work done at the rehabilitation center.

The YP Foundation

August 2008 – March 2009

Facilitator

- Trained on issues such as peer-pressure, bullying, identity, stereotypes, appearances, life-skills, health and substance abuse
- Conducted and facilitated workshops on the above areas in several schools as a peer- educator.

TRAINING EXPERIENCE

Ranchi Institute of Neuro-Psychiatry and Allied Sciences

May 2014 – April 2016

Clinical Psychology Trainee

- Trained professionally in the capacity of a clinical psychologist while pursuing an MPhil in Clinical Psychology.
- Received training in working psychotherapeutically and providing psychological treatment for patients suffering from diverse mental illnesses.
- Attained training with supervision in several areas including:
 - Psychological evaluation and assessment of several areas including personality assessment, cognitive assessment, neuropsychological assessment and psycho-diagnostic assessment.
 - Providing psychotherapy for children and adults suffering from a varied range of mental illnesses.
 - Providing psychoeducation, support and therapy to the caregivers of patients suffering from mental and emotional difficulties.
 - Catering to the psychological difficulties of people suffering from physical illnesses.

Lady Hardinge Medical College

July 2011 – August 2011

Psychology Intern

- Trained with a psychiatrist and worked as a counselor with the psychiatric patients in the hospital.
- Took detailed case histories of the patients for official and diagnostic use.
- Observed and helped with the diagnosis of the patients in the out-patient department and observed the patients at great length in the in-patient department.
- Presented a detailed report on my observations of the hospital that included a detailed case summary of 4 patients in the in-patient department.

Society for Promotion of Youth & Masses

May 2009 – June 2009

Intern

- Worked on several proposals and expression of interests.
- Worked with drug addicts at the drop-in center and attended several counseling sessions as an observer.

EDUCATIONAL QUALIFICATIONS

Name	Degree/Grade	Year	Percentage
Springdales Public School, New Delhi	10 th Grade	2005	First division with 74%
Saddle Brook High School, New Jersey, U.S.A.	12th Grade	2007	Distinction with 93%
Lady Shri Ram College for Women, New Delhi	B.A. Psychology (Honors)	2010	First division with 68%
Ambedkar University, Delhi	M.A. Psychology	2012	GPA of 8.02 (80.2%)
Ranchi Institute of Neuro-Psychiatry and Allied Sciences	M.Phil. Clinical Psychology	2016	First division with 66.3%

RESEARCH PURSUED

An Explorative Analysis of Cognitive Analytic Therapy with Individuals Suffering with Obsessive Compulsive Disorder

2014 – 2016

Researched and explored the ties between cognitive therapy and analytic therapy vis-à-vis Anthony Ryle's Cognitive Analytic Therapy. The research explored the process of cognitive analytic therapy with patients suffering from Obsessive Compulsive Disorder and gave a cognitive analytic lens of understanding to the disorder.

Rhythm & Life: The Writing of the Music behind the Noise (the *WORK* of Dreaming in Poetry and Psychoanalysis)

2010 – 2012

Researched and explored the relationship between poetry and psychoanalysis and the work of dreaming that is entailed in both. Poetry as happening in an evacuative space where words cannot be received but lead to a more self-destructive state was studied in detail via Sylvia Plath's poetry and life.

CONFERENCES/PRESENTATIONS

National Annual Conference of the Indian Association of Clinical Psychologists – May 2019

Poster Presentation

Varma, S. (May 2019). *Emptying Out a Nothingness from Within: A Psychodynamic Case Study*

National Annual Conference of the Indian Association of Clinical Psychologists – May 2019

Poster Presentation

Varma, S. Sengar, K. S. (May 2019). A Case Study of Cognitive Analytic Therapy with an Individual Suffering from Obsessive Compulsive Disorder.

National Annual Conference of the Indian Association of Clinical Psychologists – February 2018

Poster Presentation

Varma, S., Sengar, K. S. (February 2018). An Exploratory Analysis of Cognitive Analytic Therapy with Individuals Suffering from Obsessive Compulsive Disorder

Sahayam Intervention Center - February 2017

Resource Person

Obsessive Compulsive Disorder – A Freudian Perspective

MEMBERSHIP OF PROFESSIONAL BODIES

- Registered with the Rehabilitation Council of India (RCI) as a clinical psychologist with the Central Rehabilitation Registration (CRR) number A52713
- Graduate member of The British Psychological Society (BPS) with membership number 423666
- Member of International Society for Psychological and Social Approaches to Psychosis – India Chapter (ISPS India)
- Member of the Indian Association of Holistic Psychology (IAHP)

OTHER PUBLICATIONS

- 'Splinter' in *Asylum Magazine*, May 2019
- 'Black Hole' in *Poetry & Psyche*, February 2019
- 'My Night' in *Poetry & Psyche*, December 2019
- 'An Analysis into the Fear of Darkness' in *Doc n Doc*, June 2016
- 'Two Roads Diverged in a Yellow Wood' in *Doc n Doc*, February 2016
- 'On the spot: FTII Zindabad' in *The Citizen*, July 20015
- 'Silence' in *The International Library of Poetry*, 2003

PROFESSIONAL DEVELOPMENT

Families & Beyond: An Introduction to Systemic Thinking

September 2018 – December 2018

Tavistock & Portman NHS Foundation UK

Three months course on systemic family therapy.

Trauma Counselling Workshop

June 2011

VIMHANS

Three day workshop on working with patients who have undergone severe trauma.

KEY ACHIEVEMENTS

- Have been in supervision with a psychoanalyst and psychiatrist in UK for a year
- Have been a part of clinical seminars with a psychoanalytic psychotherapist trained in UK for a year
- Attained rank 9 amongst both Ranchi Institute of Neuro-Psychiatry and Allied Sciences and Central Institute of Psychiatry in MPhil first year examination
- Awarded scholarship for excellent performance in all 4 semesters at Ambedkar University, Delhi
- Awarded a certificate for merit by the Psychology department at Lady Shri Ram College in 2009 and 2010

- Received the Editor's Choice Award for the poem called 'Silence' by the International Library of Poetry, published in an international book called 'The Colors of Life,' edited by Howard Ely
- Received the President's Award for being a meritorious student in Saddle Brook High School in 2007

SKILLS

- SPSS, Microsoft Word, Access, Excel, PowerPoint
- Fluent in English and Hindi
- Basic knowledge of Spanish

EXTRA-CURRICULAR ACTIVITIES AND INTERESTS

- Volunteered with Udayan Care for 3 months-an NGO that works with disadvantaged and orphaned children and aims towards providing them shelter and care
- Completed Web Designing course from NIIT, Delhi
- Passionately enjoy reading, writing and music