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**Akanksha Sharma, M.Phil Clinical Psychology (II Year)**

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**Personal Details**

Date of birth: 14.02.1995

Age: 25 years

Sex: Female

Languages: Hindi, English

**Objective**

I am a second year student of M.Phil in Clinical Psychology from Post Graduate Institute of Behavioral and Medical Sciences, Raipur (recognised by RCI). As, as a mental health professional I work towards building a trusting therapeutic alliance and providing safe and healthy space to clients in order to resolve their major concerns. My aim is utilise my own learning to ensure healthy psychological functioning and well-being for all individuals as well as to ensure the fulfilment of the organisation's goals.

As a trainee of M.Phil Clinical Psychology, I am skilled in psychological assessments and trained in psychotherapy techniques. I have an experience of working full time in the out-patient and in-patient department of the institute's psychiatric facility: Manopchar Hospital from August 2018- March 2020. The final examination of the course is expected be conducted in the month of August or September 2020.

**Educational Qualification**

Year	Division/Degree	Result	School/ Board/University
2018-2020	M.Phil Clinical Psychology (RCI recognised)	(on going)	Post Graduate Institute of Behavioral and Medical Sciences, Raipur
2017-2018	Post Graduate Diploma in Guidance & Counseling (distance)	I Division	The Centre of Distance Education, Aligarh Muslim University

2016-2018	M.A. Psychology	I Division	Faculty Of Social Science, Aligarh Muslim University
2013-2016	B.A. (Hons.) Psychology	70% (I Division)	Indraprastha College for Women, University of Delhi
2012	XII	93.8%	Step By Step High School, Jaipur (C.B.S.E)
2010	X	91.2% (9.6 CGPA)	Step By Step High School, Jaipur (C.B.S.E)

### **Thesis**

#### **M.Phil Thesis (*On-going*)**

Correlates of relapse among patients of alcohol dependence from an existential perspective.

#### **Master's Thesis**

Mental wellbeing and meaning in life among different stages of HIV patients.

### **Achievements**

#### **Tertiary Education**

- Held the post of Association Representative in the Psychology Association of the Department of Psychology, Indraprastha College for Women, University of Delhi for the academic year 2013-2014.

#### **Senior Secondary Education**

- Elected as the Cultural (Vice) Head Girl in the student council of Step By Step High School, Jaipur for the term 2011-2012
- Awarded the Best Leader trophy in the year 2012 at Step By Step High School.

### **Paper's Presented**

- **46<sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologists-2020, Chandigarh:**
  - **Paper 1-** Relationship between Mental Well-being and Meaning in Life among HIV Inpatients.
  - **Paper 2** – Correlates of relapse among patients with alcohol dependence

## **Internships**

- **Counseling Internship** - 30 days school counseling internship at **Saiyyad Hamid Senior Secondary School**, Aligarh Muslim University, Aligarh, from January 2018 – February 2018.
- **Counseling Internship** -30 days counseling internship at **Noida Juvenile Justice Home** under the guidance of Mrs.SmitaPandey, Clinical Psychologist, Holistic Wellbeing & Counseling Services, Noida, from July 2017-August 2017.
- **Clinical Psychology Internship** - 30 days observership at **Gautam Hospital & Research Centre**, Gautam Institute of Behavioral Sciences & Alternative Medicine, Jaipur from June –July 2015. Under the guidance of Dr. Shiv Gautam (MBBS, M.D. (Psych.)).

## **Courses & Workshops**

- Completed the short course on ‘The Psychology of Group, Identity & Power’ conducted by Dr. Steve Reicher (University of St. Andrews, UK) - organised under the MHRD initiative of GIAN network in collaboration with Department of Humanities & Social Sciences, Indian Institute of Technology, New Delhi.
- Participated in a workshop on Arts Based Therapy/ Expressive Arts Therapy/Play Therapy conducted by Children First on 19<sup>th</sup> October, 2015 in collaboration with Department of Psychology, I.P. College for Women.
- Participated in the workshops conducted under 9<sup>th</sup> National Conference on Hypnotherapy from 25<sup>th</sup> – 27<sup>th</sup> October, 2013 by the Society of Clinical & Experimental Hypnosis in collaboration with Jawaharlal Nehru University, Delhi.

## **Interests**

- Participating in sports: Horse Riding – Certified Horse Rider at Muslim University Riding Club (AMU, Aligarh), swimming and badminton
- Travelling
- Reading