

AAYUSHI SHARMA

Counselling psychologist

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Career Objective

Aiming to reach the pinnacle of the profession through challenging work in a progressive organisation that gives me scope to update my knowledge & skills as a mental health professional, in accordance with the latest trends and to dynamically work towards the growth of organization and field of Mental Health.

Work experience

Counseling Psychologist Trainee 2020-05 - 2020-07

Manastha Health Solutions Pvt. Ltd.

Manastha is the best online counseling and emotional support platform designed to empower and help individuals to Reclaim Their Inner Harmony.

My significant roles as a volunteer trainee involved offering services primarily for anxiety, depression, eating disorders, past traumas, negative or irrational and obsessive-compulsive thoughts, fear and phobias, relationship counseling, stress management, career management, motivation and goals, past traumas, personal growth, parenting, addiction, sexual wellbeing, amongst others.

Contributing during the COVID-19 crisis, by offering to provide services to those in need.

Resource Developer (Freelance)

2019-06 -

Suman's Academy

Present

Suman's Academy is a budding unique online platform that provides high quality educational services to our students.

My significant work roles include developing notes and presentations for IB and AP board and tutoring via e-learning medium.

HR Executive

2019-06 - 2019-07

Workafy Technologies Pvt. Ltd

Workafy works towards bridging the gap between businesses and curated freelancers at an online easy to use secured platform.

Content Developer

2019-01 - 2019-03

Psymeo

Psymeo uses a combination of artificial intelligence (AI) and machine learning (ML) with psychological and psychometric evaluations by experts.

My major roles involved developing psychological assessment tools for second secondary level students.

Clinical Psychology Intern

2018-10 - 2018-11

Amarjyoti Rehabilitation Center

Skills

Research



Dissertation at Amity University, title "Effect of mindfulness in relation to resilience among athletes"

Teaching



Tutoring and mentoring students of IB, AP, and CBSE boards

Counselling



Worked in the practical field of Mental Health service since past 3 years.

Content Developing



Developed content from scratch of 3 different boards (full syllabus).

Amar Jyoti Research and Rehabilitation Centre a voluntary organization rendering rehabilitative services to persons with disabilities through a holistic approach.

Education

M.A Clinical Psychology 2018 - 2020
Amity University

B.A Psychology (hons.) 2015 - 2018
Delhi University
Keshav Mahavidyalya

Training

Training program on efficient sleep training with Mindsolance clinic (virtual): Training specifically involved learning about relaxation techniques and sleep hygiene. Interventions learned regarding problems such as hypertension, insomnia, and sleep cycle disturbances.

Training from Manastha Health Solution Pvt Ltd. (virtual): Training involved guidance sessions with mentors and taking individual cases from scratch and contributing during the COVID-19 crisis, by offering to provide services to those in need