



## **DR. NUPUR SHARMA**

**Clinical and Rehabilitation Psychologist, Consultant to (Jaipur Golden Hospital, Saroj Hospital, Pushpanjali Hospital ), RCI Licensed Mental Health Rehabilitation Professional.**

### **SUMMARY**

Mental health is important in every phase of life and one should not compromise with this. Not treating issues in the right time leads to complications and diseases that become life threatening. So, therefore any individual who suffers from any kind of mental disorder should seek counseling and therapy.

Psychologist can help people learn to cope with stressful situations, overcome addictions, manage their chronic illnesses, and test and assessments that can help diagnose a condition or tell more about the way a person thinks, feels & behaves.

Settings in which a counselling professional may work include schools, private practice, hospital, community settings, legal systems, group homes, and long term care facilities, short term facilities, in advocacy roles and in the educational system. In each setting different skills and training are required. The role of a counselor or a rehabilitation professional is to create a culture for synergy in organizational learning and development of school education, increase their self-awareness. So, as to make the children as well as the adults to become more effective as an individual. In short counselling is an effective and preventive strategy for managing the organization.

### **The basic stages of counselling are -**

1. Developing the child / clinician relationship.
2. Clarifying and assessing the problem or situation.
3. Identifying and setting treatment goals.
4. Designing and implementing interventions.
5. Planning, termination and follow up.

### **HIGHLIGHTS**

1. Compassionate and thoughtful professional.
2. Effective oral communicator.
3. Thoughtful analyst.
4. Flexible practitioner.
5. Engaged listener.
6. High energy.

### **EDUCATIONAL QUALIFICATION**

1. Graduate from Delhi University in Humanities.
2. Done masters in Clinical Psychology from IGNOU, Delhi.
3. Done MBA from Symbiosis, Pune.
4. Post Graduate Diploma in Rehabilitation Psychology from Chaudhary Bansi Lal University, Bhiwani.

5. RCI Licensed Practitioner Rehabilitation Professional attached RCI No. with the CV.
6. Pursuing Ph.D in Psychology from OM Sterling Global University, Hisar, Haryana.  
(Submission awaited this year only preferably)

### **WORK EXPERIENCE**

1. Eight years of experience in London and India in manufacturing of medicines in my own private limited company.
2. Consultant psychologist Jaipur Golden Hospital, Rohini, New Delhi.
3. Consultant psychologist Saroj Hospital, Rohini, New Delhi.
4. Consultant psychologist Pushpanjali Hospital, Mianwali Nagar, New Delhi.
5. Consultant psychologist Vedic Upchar, Inderlok, New Delhi.
6. Worked as a Counselor (Psychologist) for one and half year with St. Frobel School, Paschim Vihar, New Delhi.
7. Doing private practice in (VMS Clinic), Paschim Vihar.
8. Giving session and workshop on Mental Health in various school and colleges and Corporates leadership qualities and organizational skills.
9. Working in the panel of (QRIS Health) as a Psychologist.

### ***We Deal With Counselling & Therapy in the Following Fields:***

- Stress management.
- Depression.
- Anxiety.
- Panic Attacks
- Mood swings.
- Inter personal relationship issues.
- Personality disorder.
- IQ related problem in child.
- Fear
- Anti – Social Behaviour.
- Drug abuse, Alcohol abuse, Social discrimination, Racial discrimination.
- Old people challenging physical and mental health.
- Old people suffering from social Isolation and Loneliness.
- Autism.
- OCD (Obsessive compulsive disorder).
- PTSD (Post traumatic stress disorder).
- Schizophrenia.
- Impulse control and addiction disorder.
- Factitious disorder.
- Eating disorder.
- Bipolar disorder.
- Paranoia.
- Psychosis.
- Dissociation and dissociative disorder.

### **SCHOOL CHILD ISSUES**

1. Poor Grades.
2. Poor eating habits.
3. Poor sleeping habits.
4. Failing to manage money.
5. Disorganization/ feeling over whelmed.
6. Learning problem
7. Dementia
8. Pervasive developmental disorders.

9. ADHD
10. Disruptive behavior disorders.
11. Conduct disorders.
12. Affective mood disorders.
13. Intellectual disability.
14. Intellectual development disorders.
15. Metabolic disabilities.
16. Degenerative disorders.

### **ADOLESCENT ISSUES**

1. Physical changes
2. Emotional changes
3. Behavioural changes
4. Physical problems
5. Physiological problems
6. Poor performance in academics
7. Communication problems in speech
8. Aggression and violence.

### **INTER PERSONAL DIFFICULTIES**

It refers to the problems with inter personal relationship. Such difficulties may stem from feelings, thoughts and behaviours that interfere with your ability to bond with others in general or particular type of relationship.

1. Ego conflicts
2. Frustration and stress
3. Misunderstanding
4. Lack of planning
5. Poor communication

### **4 TYPES OF CONFLICT ARE THERE**

1. Conflict with self
2. Conflict with other
3. Conflict with environment
4. Conflict with super natural

### **TEEN AGER ISSUES**

1. Self-esteem and body image:
  - a) Stress
  - b) Bullying
  - c) Cyber addiction
  - d) Drinking and Smoking
  - e) Under age sex.

### **PERSONALITY DISORDERS**

1. Antisocial personality disorder.
2. Avoidant personality disorder.
3. Borderline personality disorder.
4. Histrionic personality disorder.
5. Narcissistic personality disorder.
6. OCD
7. Paranoid personality disorder.

### **KEY SKILLS**

1. Extensive knowledge of qualitative and quantitative research method and their application to psychological settings.
2. Knowledge of various test and scoring.

3. Highly competence in data collection and analysis tasks.
4. Excellent written and spoken communication skills.
5. Good skills to maintain a relationship with patients suffering from mental health issues.
6. Can perform psychological and neuropsychological vocational | clinical evaluation of persons with disability to determine strength and weaknesses that may affect long term personal, social and vocational adjustment and adaption to disability.

### **CORE SPECIALIZATION:**

- Can deal with children suffering from autism, down syndrome, anxiety issues, stress issues, speech delay problem, learning disabilities, anger issues, bullying issues.
- Can deal with onco patients for giving psychotherapy sessions before and after chemotherapy for their better mental health and motivation.
- Can deal with Nephro patients for giving psychotherapy sessions to the people suffering from CKD problem those who are undergoing dialysis were counselled and given therapy session.
- Can deal with adults suffering from various mental health problems in families relationship problems work problems.
- Can deal with old age geriatric patients with chronic diseases and old age psychological issues like loneliness.

### **INTERNSHIP**

- Did my internship from IBHAS. The best mental – Health Disorder Hospital Dilshad Garden, New Delhi, under the Supervision of Dr. Uday Sinha.
- Project: Did my project for addition of internet in students under Dr. Gopal Mahakund.

### **ASSESSMENT TOOLS AND PSYCHOMETRIC TESTING**

1. Can perform: BDI (Back depression inventory).
2. GAD (Generalized anxiety disorder) 7 item scale.
3. MDI (Major depression inventory)
4. Zung Anxiety self-assessment scale (SAS)
5. Zung self-rating depression scale.
6. PHQ – Scram (Multipurpose for screening, diagnosing, monitoring the severity of depression).
7. PHQ2 – screening.
8. Hamilton assessment, to measure the severity of patient's anxiety based on fourteen parameters including anxious mood, tension, fear, insomnia, somatic complaints and behavior at the interview.
9. 16PF for personality disorder:
  - a) MMPI
  - b) Rorschach test
  - c) TAT (Thematic appreciation test)
  - d) PSS (perceived stress scale) for measuring stress.
10. PTSD Assessment:
  - a. Cognitive therapy
  - b. Exposure therapy
  - c. EMDR (Eye movement desensitization and reprocessing
  - d. Y – BOCS for OCD)
11. IQ test for children :
  - a. Wechsler intelligence scale for children.
  - b. Stanford Binet intelligence scale
  - c. DAS (Differential ability scale)
  - d. WAIS (Wechsler intelligence scale) for adults
12. Autism Tools:
  - a. (CARS) the child autism rating scale

- b. (ADEC) autism detection in early childhood.
  - c. (ADI-R) the autism diagnostic interview.
  - d. (GARS-3) Gilliam autism rating scale.
13. Assessment tools for addiction:
- a. SASSI-3 (substance abuse subtle screening inventory)
  - b. AUDIT (alcohol use disorder identification test)
  - c. Cage Assessment tool
  - d. (SADQ-C)

### **Our main aim how to solve mental illness and emotional issues, behavioural issues**

1. Asses the patient / children in the school with emotional, social, economic and mental health needs. Educate the children and family members about the illness or psychological issues to help them understand a better treatment plan.
2. Evaluate the school children socio-economic status and look for community resources that would be useful for them.
3. Deals with the individuals with thoughts of suicide, additions and substance abuse, family parenting, marital problems, stress management, self-esteem issues.
4. Value yourself: Treat yourself with kindness and respect and avoid self-criticism
5. Take care of your body: Taking care of yourself physically can improve your mental health.
6. Surround yourself with good people.
7. Give yourself time learn how to deal with stress.
8. Learn how to deal with stress.
9. Quiet your mind
10. Set realistic goals.
11. Breakup the monotony
12. Say good bye to negative
13. Find a hobby
14. Enjoy the movement
15. Spend more time outdoor
16. Learn to say yes
17. Learn to say no.

Will be grateful to work with your brand as a team and will give my best to the organization. Will be attentive to understand the needs of the children, students and parents while ensuring a welcoming and trusting environment.

Will create customized plan and programmes to spur educational and emotional which follows the basic principles of counselling:-

1. Principles of acceptance, communication, empathy, respect, non-judge, confidentiality ethics and long term goals align with the job requirement to make me a committed and valuable asset to the company or organization.

**(NUPUR SHARMA)**  
**Consultant Psychologist**  
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 Pushpanjali Hospital, New Delhi  
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इन्दिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय  
INDIRA GANDHI NATIONAL OPEN UNIVERSITY

प्रमाणित किया जाता है कि

This is to certify that

*Nupur Sharma*

को निर्धारित पाठ्यक्रमों को पूरा करने और

after having passed the prescribed courses of study in the

*December 2020*

की परीक्षा उत्तीर्ण करने पर स्नातकोत्तर उपाधि

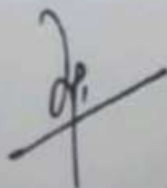
examination is hereby awarded the degree of

*Master of Arts in Psychology*

प्रदान की जाती है

Division / श्रेणी

*First*



कुलसचिव  
Registrar



कुलपति  
Vice Chancellor



सं. IG35-193220  
No.

अनुक्रममांक 176526128  
Enrolment No.

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प्रमाणित किया जाता है कि *Nupur Sharma*  
This is to certify that

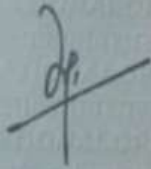
को निर्धारित पाठ्यक्रमों को पूरा करने और  
after having passed the prescribed courses of study in the

December 2020 की परीक्षा उत्तीर्ण करने पर स्नातकोत्तर उपाधि  
examination is hereby awarded the Degree of

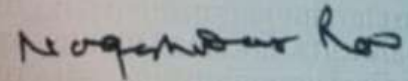
*Master of Arts in Psychology*

प्रदान की जाती है।

श्रेणी / Division *First*



कुलसचिव  
Registrar



कुलपति  
Vice Chancellor

नई दिल्ली / New Delhi

दिनांक / Dated February 19, 2021