



Geetika Sharma

Trauma-Informed care
Counselling Psychologist

My contact

- 7901850423
- sharmageetika253@gmail.com
- <https://www.linkedin.com/in/geetika-sharma-170a64217>

Skilled In

- Empathetic
- Active listener
- Introspective
- Emotionally intelligent
- Crisis intervention
- Team collaboration
- Analytical thinking
- Leadership quality
- Cultural competency

Education Background

M.A Psychology, Chandigarh University, Punjab; CGPA: 8.2/10, July 2022

B.A Psychology honors, Panjab University, Chandigarh; CGPA: 6.3, 2020.

Certifications/Trainings

Intense Diploma in Psychotherapies by Psykey; 12 therapies including: CBT, REBT, ACT, Hypnotherapy etc, Jan-Mar 2023

Intensive training in Trauma-Informed CARE & Psychotherapeutic Treatment of Trauma by All about psychology, july-aug 2023

Certificate in Hypnosis & Self

Hypnosis by League of Controlling Mind & Body, Theta Temple, Mumbai
Graphology Certification by IPSTCR, 04 January 2022-08 February 2022

languages

- Hindi
- English
- Punjabi

About Me

Passionate and dedicated psychologist with a thriving private practice. Strong desire to make a positive impact on individuals' lives. Creates safe and supportive environments for clients to explore challenges and achieve growth. Spiritual interests enrich perspective, enhancing ability to connect deeply with individuals. Eager to embrace new opportunities and continue making a meaningful difference.

Professional Experience

Code Brew Labs, Chandigarh

Psychological Counselor (April 2024–October 2024)

- Facilitated therapy for in-house employees and online clients, specializing in couple counseling and relationship issues.
- Assisted clients in managing stress, anxiety, and interpersonal challenges.
- Promoted mental health awareness in collaboration with HR.

Advamed Hospital, zirakpur

Counselling psychologist (Feb 2023–August 2023)

- Provided psychotherapy for depression, anxiety, and stress-related issues.
- Organized mental health awareness camps at hotels, IT companies, and societies.
- Contributed to free medical camps, delivering mental health guidance.

ND Care Nirogam Pvt Ltd, Mohali

Psychologist (Sep 2022–jan 2023)

- Provided therapy to parents of autistic children, offering support and guidance.
- Conducted 60+ sessions addressing autism-related challenges.
- Performed weekly OPD assessments, creating personalized treatment plans.

Career Prabhu Pvt Ltd, Panchkula

Career counsellor (july–sep 2022)

- Guided individuals in career selection through one-on-one counseling sessions.
- Delivered 50+ career awareness seminars in 20+ schools across multiple cities.
- Created and presented engaging career-focused PowerPoint presentations for students.