

Sowmya Verma

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Skills

- **Counseling and Mental Health Support:** Experienced in providing individual and group counseling, crisis intervention, and conflict resolution.
- **Training and Development:** Skilled in developing and delivering training on stress management, work-life balance, and mental health awareness.
- **Case Management:** Expertise in case assessment, planning, coordination, and evaluation with a focus on confidentiality.
- **Substance Abuse Counseling:** Knowledgeable in substance abuse treatment and recovery programs.
- **Empathy and Compassion:** Strong ability to provide empathetic and compassionate support to employees.
- **Communication:** Excellent verbal and written communication skills, capable of conveying complex information clearly.
- **Problem-Solving:** Strong problem-solving skills with a practical approach to addressing employee issues.
- **Interpersonal Skills:** Ability to build trust and rapport with employees.

Experience

JUNE 2024- PRESENT

NAYEE DISHA, NOIDA- *EDUCATION COUNSELOR*

- **Academic Advising:** Guided students in course selection and academic planning, ensuring they meet graduation requirements and align with their future goals.
- **Career Counseling:** Assisted students in exploring career options, preparing for job markets, and developing personalized career plans.
- **College/University Guidance:** Provided comprehensive support in the college application process, including essay review, entrance exam preparation, and financial aid applications.
- **Personal Counseling:** Supported students with personal, social, and emotional issues, facilitating a healthy and productive school environment.

FEBRUARY 2023- JULY 2023

ASIAN SPINE AND SCOLIOSIS CENTER, GREATER KAILASH - *COUNSELING PSYCHOLOGIST*

- Conducted individual counseling sessions
- Assisted in developing treatment plans tailored to client needs.

- Utilized cognitive-behavioral therapy (CBT) techniques to address anxiety and depression.
- Maintained detailed client records while ensuring confidentiality.
- Participated in weekly supervision meetings to review case progress and receive feedback.

JUNE 22-AUGUST 22

OPTIMISTIC LIVING CENTER, GURGAON- *CLINICAL INTERN*

- Conducted psychological assessments and provided individual therapy sessions under the supervision of licensed psychologists.
- Collaborated with interdisciplinary teams to develop treatment plans and monitor progress.
- Assisted in conducting group therapy sessions and psychoeducational workshops.

FEB22-MARCH 22nd

PSYMAN, NEW DELHI- *CLINICAL INTERN*

- Observed licensed psychologists in various clinical settings, gaining insight into different therapeutic approaches
- Assisted in case management tasks and crisis intervention situations under supervision
- Participated in team meetings and contributed to treatment planning discussions

JUNE 21-JULY 21st

PSYMAN, NEW DELHI- *CLINICAL INTERN*

- Learned and performed neuropsychological assessment: BGT (Hein's Scoring and Global Scoring System), Weschler's Memory Scale.
- Symptom severity scale: Clinical Dementia Rating Scale
- Advance assessment: PGI- Battery of Brain Dysfunction

JUNE 20-JULY 20TH

MOOLCHAND HOSPITAL, NEW DELHI- *CLINICAL INTERN*

- Conducted activities for children with autism and ADHD
- Participated in a workshop on "Hypnotherapy and Occupational Therapy"
- Took MMSE and worked under an occupational therapist

JUNE 19-JULY 19TH

VIMHANS HOSPITAL, NEW DELHI- *CLINICAL INTERN*

- Worked and conducted activities with children on Autism spectrum and special
- Worked and observed clients in OPD under a psychiatrist
- Attended workshop on substance abuse.

Education

JULY 2018 - DECEMBER 2022

AMITY UNIVERSITY, NOIDA - *BA+MA CLINICAL PSYCHOLOGY-INTEGRATED*

- Graduated with 78.8 percentage

- **Master's dissertation:** The relationship between death anxiety resilience and job engagement of health-workers during COVID-19

Research papers:

- Psychological Manipulations in Relationships (2021): the aim of the study was to find out the psychological manipulations that occurred in relationships.
- Impact of Anxiety and Depression on Academic Performance (2020): the result of the study was that most of the students have anxiety or are under a lot of stress during academic performance.
- 2019, A study was conducted to study the varieties of human values that are innumerable using the Personal Value Questionnaire. The study concluded that females have higher personal values than males.
- Link between Poverty and Mental Illness (2019): This report maps the link between emotional well-being and poverty.
- In 2018, A study was conducted to assess the level of anxiety among college students using Sinha's Comprehensive Anxiety Test. The study concluded that the majority of the students do not suffer from manifest anxiety.