



## **CPSY. RUCHI SHARMA**

Consultant - Clinical Psychologist

### **Qualification**

MPhil Clinical Psychology (RCI licensed) | MSc. Psychology (University of Madras)

### **Fellowship & Membership**

- APA (USA),
- BPNI (India),
- NAOP (India),
- IPOS (USA)

### **Field of Expertise**

- Assessments for various psychological disorders
- Intellectual disability
- ASD
- ADHD
- Substance addiction
- Psychodiagnostic
- Stress management
- Marital counselling
- Parental counselling
- Pre & post-operative psychological issues
- Psycho-oncology cases
- Psychological issues in terminally ill patients and organ donation patients
- Geriatric psychological disorders
- Child and adolescent psychological issues
- Various forms of psychotherapy: CBT, DBT, MBT, MB-CBT, ERP
- Behaviour Therapy
- EMDR, MET, Play therapy, Behaviour Modification & such

### **Languages Spoken**

- Hindi
- English

### **Awards & Achievements**

- 'Best paper' award in 45th National Annual Conference of Indian Association of Clinical Psychologists (NACIACP), 2019
- Panel speaker at International Conference of Projective Psychology (ICPP), 2020.

- International coordinator with Postpartum Support International (PSI)

## Talks & Publications

- Presented research paper on “ Psychological factors associated with characteristics of women who experience Intimate Partner Violence” in ICPP held in 2020.
- Presented a seminar on “Rorschach Performance Assessment System (R-PAS)” in ICPP.
- Presented a research paper on “Postpartum Depression and Anxiety in Primigravida and Multigravida Women” in NACIACP held in 2019.
- Presented a research paper on “Breastfeeding and Postpartum Depression” in 44thNACIACP held in 2018.
- Reviews and original articles in Institute journals and blogs on various common mental disorders to create awareness and reduce stigma related to mental health.
- Dr Ruchi Sharma offers some tips on how to manage the behavioral changes of children being home bound for the longest time because of the pandemic in DAINIK BHASKAR. [Click Here](#)
- Dr Ruchi Sharma on feeling the winter blues? It could be seasonal affective disorder in HT Healthshots. [Click Here](#)
- Dr Ruchi Sharma elaborates to follow L. I.S.T.E.N to ease the stress and anxiety among children going back to routine in DELHI TIMES. [Click Here](#)
- Dr Ruchi Sharma says its time to prioritize your mental health to Hindustan Times on International Women's Day.[Click Here](#)
- Dr Ruchi Sharma on Daddy issues' isn't just a fixation in ET Panache ahead of Father's Day.[Click Here](#)
- Dr. Ruchi Sharma on Parents need to stay positive for their child post Board exam results| Times of India (Delhi Times). [Click Here](#)