

DR. SHWETA SHARMA

Consultant - Psychology and Counseling

Qualification

Diploma (Guidance & Counseling) | M.A (Clinical Psychology) | M.Phil (Medical & Social Psychology)

Overview

Dr Shweta Sharma is a highly accomplished Consultant in Psychology and Counselling in Gurugram, where she is known for her compassionate approach, deep clinical expertise, and commitment to promoting mental health and emotional well-being. With an extensive academic foundation and a rich history of research and clinical practice, Dr Sharma is a respected figure in the field of clinical psychology. Dr Sharma holds a multidisciplinary set of qualifications, including a Diploma in Guidance & Counselling, an M.A. in Clinical Psychology, and an M.Phil in Medical & Social Psychology, equipping her with a strong theoretical and practical basis for psychological assessment and intervention. She is fluent in both Hindi and English, ensuring clear and empathetic communication with diverse patient populations. With over 20 years of professional experience, Dr Sharma has worked extensively in clinical settings and community initiatives, addressing a wide spectrum of psychological conditions. Her expertise includes personality assessment, cognitive behaviour therapy (CBT), psychoanalysis, grief and crisis counselling, anxiety and mood disorders, marital and family counselling, and behavioural issues

across age groups. She is adept at working with both adults and children, helping them navigate life's psychological challenges with structured therapeutic strategies. Dr Sharma's contributions extend beyond clinical care into academic teaching and research. She has delivered lectures to postgraduate and undergraduate students, fostering the next generation of psychologists. Her research work has been published in respected journals, including studies on personality characteristics, psychological correlates in medical populations, and developmental assessments using projective techniques. Her professional impact is further amplified through community outreach and advocacy. Dr Sharma has been featured in national media, sharing insights on mental health awareness, and has actively participated in workshops and programs focused on parenting, stress management, and life-skills training. She also champions initiatives that reduce stigma around mental health and promote access to psychological care for underserved populations. Patients seeking consultation with Dr Shweta Sharma value her empathetic listening, evidence-based therapeutic interventions, and dedication to fostering lasting psychological resilience. Her holistic and personalised approach to mental wellness makes her a trusted and distinguished member of the psychological community at Manipal Hospitals.

Field of Expertise

- CLPS

Languages Spoken

- Hindi
- English

Awards & Achievements

- Formal teaching to Post-Graduate and Undergraduate.

Talks & Publications

- Personality Characteristics of Juvenile Delinquents as compared to Non-Delinquents on Rorschach Test" Shweta Shama, Deapti Mishra & Ranjeet Kumar. SIS Journal of Projective Psychology & Mental Health, 2013
- Erectile Dysfunction in Male Psychiatric Patients Shweta Shama & Satydhar Dwivedi. Indian Journal of Health and Wellbeing, 2014 Life style changes and challenges for human development: Multidisciplinary Perspectives National Seminar,2008 Co-morbid pyschological problems among male and female diabetic patients Presented research paper at 36th National Annual Conference of The Indian Association of Clinical Psychologists,2010 Socio-Demographic Correlates of children suffering from Juvenile Delinquency Presented research paper at 37th National Annual Conference of The Indian Association of Clinical Psychologists,2011 Vocational Rehabilitation & Empowerment of Disabled Women Presented research paper at 4th National Rehabilitation Science Congress-2011 Role of family in the development of Juvenile Delinquency among adolescents Presented research paper at CIPCON,2011 Developmental and Form quality of Rorschach's responses of Juvenile Delinquents Presented research paper at 38th National Annual Conference of The Indian Association of Clinical Pyschologists, 2012
- Wellness trends to follow in 2022 amid Covid 19. Click Here