



CPSY. RUCHI SHARMA

Consultant - Clinical Psychologist

Qualification

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

Overview

Dr. Ruchi Sharma is a highly qualified Clinical Psychologist in Dwarka, Delhi. She holds an MSc in Psychology from the University of Madras and an M.Phil in Clinical Psychology from the Rehabilitation Council of India. With over 12 years of experience, Dr. Sharma specializes in a wide range of psychological services, including assessments for various psychological disorders, intellectual disabilities, Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), substance addiction, psychodiagnostic evaluations, stress management, marital and parental counselling, pre and 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, and various forms of psychotherapy such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Mentalization-Based Therapy (MBT), Mindfulness-Based Cognitive Therapy (MB-CBT), Exposure and Response Prevention (ERP), behaviour therapy, Eye Movement Desensitization and Reprocessing (EMDR), Motivational Enhancement Therapy (MET), play therapy, and behaviour modification. Dr. Sharma is affiliated with Manipal Hospital in Dwarka Sector 6, Delhi, where she offers her expertise in clinical psychology. She is a member of several professional organizations, including the American Psychological Association (APA), the Breastfeeding Promotion Network of India (BPNI), the National Association of Psychologists (NAOP), and the International Psycho-Oncology Society (IPOS). Dr. Sharma has been recognized for her contributions to the field, receiving the 'Best Paper' award at the 45th National Annual Conference of the Indian Association of Clinical Psychologists (NACIACP) in 2019. Additionally, she served as a panel speaker at the International Conference of Projective Psychology (ICPP) in 2020 and is an international coordinator with Postpartum Support International (PSI). For consultations, Dr. Sharma is available at Manipal Hospital in Dwarka Sector 6, Delhi. Dr. Sharma is fluent in both Hindi and English, ensuring effective communication with a diverse clientele.

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](#)