

## **DEVANSHI SHARMA**

### **Educational Background and Training**

Devanshi is an internationally trained psychologist with her expertise in clinical and counselling psychology. She has secured her M.Phil. degree in Clinical Psychology from Dr. Ram Manohar Lohia Hospital, Delhi (leading institute for mental health and Psychiatric interventions in India). She is a registered clinical psychologist in India, with 10+ years of academic and 6+ years of professional experience in this field. She holds individual therapy sessions, psychometric assessments, multiple seminars, workshops, mental health awareness campaigns, and has also published few research papers in the field of clinical psychology. She is also pursuing her doctoral degree in Clinical Psychology. **And is currently working with Dr. Goldstein & associates as Clinical Therapist & Psychometrician.**

### **Therapeutic Approach**

Devanshi's therapeutic style is integrative and eclectic in nature that primarily focus on thoughts, emotions, perceptions, situational factors, relationships, and behaviours. She is an evidence-based practitioner and works primarily on CBT school of thought. Her intervention includes cases of anxiety, depression, OCD etc. following various therapeutic regimes as per the client needs such as DBT, REBT, ERP, BT etc. Devanshi strongly believes that human emotions cannot be narrowed down to one therapeutic approach and should be treated with an all-inclusive viewpoint. Therefore, it is important to have tailor-made strategies as per client needs, build trust, have unconditional positive regards in a therapeutic alliance

She holds an empathetic, non-judgmental, and trustworthy approach towards her clients by being a support and a facilitator to them in the therapeutic process.

### **Assessments and Diagnostic Approach**

Devanshi is a strong believer of holistic approach when it comes to testing/assessments that entails detailed history taking, clinical observations, clinical interviewing, application of standardized psychological tests and scales, multi-disciplinary approach to communicate a diagnosis, plan intervention and treatment regime for the clients accordingly. Assessments are an important part of any therapeutic alliance. Hence, holding a strong vigor towards the same as a clinician is very important. However, diagnostic labels are mainly required to define the problem and not the individual is what she strongly believes in.

### **Languages**

English (Written and Verbal), Hindi (Written and Verbal) and Punjabi (Basic)

### **Personal Background**

Devanshi is identified as a first-generation immigrant of Indian descent. Having spent a significant part of her life in India and a few years in the United Kingdom. Her understanding of the region's complex history, political milieu, family dynamics is deep. She understands both the collectivist and the individualistic cultures well. This expertise enables her to work broadly in understanding multicultural aspects of human relationships and its complexities.

### **Current Memberships**

- Devanshi is currently approved as eligible for Psychological Associate (Supervised Practice) by College of Psychologist of Ontario
- She is also registered with RCI (Rehabilitation Council of India) & Counsellor Council of India (CCI)
- She currently holds membership with Ontario Psychological Association (OPA)

### **Past Affiliations and Memberships**

- She has also held her membership with College of Psychotherapist of Ontario (CRPO) and Canadian Counselling and Psychotherapy Association in the past
- She has also held graduate basis for chartered membership (GBC) from British Psychological Society in the past