

NIKITA GIRDHAR

Mobile: +91 7082666080

E-mail: nikitagirdhar.ng@gmail.com

LinkedIn: [Nikita Girdhar](#)

Psychology graduate with a Master's in Mental Health Studies from King's College London and nearly two years of hands-on clinical experience supporting adults with complex mental health conditions in community rehabilitation settings in the UK. I bring strong foundational knowledge in psychological assessment, diagnosis, and evidence-based interventions such as CBT, CRT, and psychoeducation. My training and practice have equipped me to work in high-pressure environments with compassion, resilience, and professionalism. Currently in the process of obtaining RCI licensure, I am committed to delivering ethical, person-centred mental healthcare in both inpatient and community settings. I have a particular interest in schizophrenia research, psychopharmacology, and women's mental health, and I aspire to integrate clinical practice with research in the long term.

Clinical Competencies and Relevant Skills

- Cognitive Behavioural Therapy for Psychosis
- Statistical Software (SPSS & Stata)
- Diagnosis and Mental State Examination
- Psychoeducation & Multidisciplinary Collaboration
- Support plan and case formulation
- Talking Therapies
- Meta- Analysis and Literature review
- Proficient in MS Office Suite
- Languages: English, Hindi, French (Basic)
- Gorilla: Experiment Builder
- Risk Assessment
- Psychological Testing (WISC, Personality Inventories)
- ICD- 10/11 and DSM-5
- Research Methodologies
- Clinical Interviewing in Inpatient and Community Settings
- Clinical Software: NHS-style digital records (in-training)

Education

King's college London | MSc Mental Health Studies (Degree Equated by AIU)

September 2023- September 2024

- Degree Classification: Pass with Merit (2.1)
- Modules: Women's Mental Health | Psychological Therapies | Basic Mental Health | Introductory Statistics (SPSS) | Statistics for Mental Health Research (Stata).
- Authored my research project titled "Clozapine/Norclozapine ratio and cognitive performance in patients with schizophrenia: a systematic review and meta- analysis. Currently working on an advanced multi-level analysis for publishing.

University of Sheffield | BSc Psychology (Degree Equated by AIU)

September 2018 to June 2021

- Grade: 2.1
- Authored a dissertation titled "Do social cues influence the effectiveness of online learning".
- Served as an academic representative for two subsequent years.

Delhi Public School Panipat City, Haryana- 132103, India | High School Diploma

May 2018

- Grade: 84% aggregate

Relevant Work experience

Northern Healthcare Ltd| Mental Health Support Worker

April 2022- June 2023; November 2024 – January 2025

- Supporting adults with mental health conditions like schizophrenia, learning disabilities, personality disorders, and Autism at the rehabilitation unit in Wakefield.
- Engaged in several sessions of CBT for Psychosis and deemed positive results from the clients.
- Developed and maintained professional relationships with patients, psychologists, community mental health teams, and other healthcare professionals.
- Recorded detailed documentation of the assistance provided to ensure accurate and timely support.
- Facilitated patients during multidisciplinary meetings, risk assessments and medication reviews.
- Helped develop individualized, person-centred care plans focused on the safety and well-being of each service user followed by a risk assessment.
- Supported patients in managing daily challenges to promote independence. Took initiative in the day-to-day running and promoting engagement in activities like sensory hour and board games.

BLK Super Specialty Hospital | Intern

June 2019- July 2019

- Interned under Dr Satinder Kaur Walia (child psychologist) at BLK hospital in Delhi.
- Learned how to review the medical and behavioural history of a child obtained during a clinical interview.
- Observed and undertook three personality and neuropsychological tests, such as the WISC.
- Attended and aided in numerous private OPD sessions involving psychological evaluations and diagnosis.

Courses and Training

Clinical Simulation, Maudsley Learning

- Presented with a brief patient history and current diagnosis including postpartum depression, schizophrenia, and bulimia nervosa.
- Conducted a personal interview with a patient diagnosed with schizophrenia in an inpatient setting to discuss a presenting complaint involving paranoid hallucinations and led an in depth group discussion along with Dr Imogen Bidwell.

Educational training, MIND- for better mental health

- Attended a series of training workshops for 'Tools and techniques for student mental health' where I learned about attention training, habits and dwelling, transforming worries and improving performance.

Hippo E-learning, Northern Healthcare

- Completed online trainings about Autism, Mental Health awareness and many more. Currently hold a Level 4 Care Certificate based on the standards set by Health Education England to reflect the completion of up-to-date essential training.

Additional Experience

Leonards Cheshire Home India New Delhi, India / Volunteer

July 2019- August 2019

- Assisted individuals with special needs within a day care centre workshop and setting up for the Diwali exhibition.
- The work primarily included supporting the residents in creating and packaging of local artwork including pottery, paintings and clay sculptures.