

Muskan Khitoliya

Counselling Psychologist | CBT practitioner, Addiction, Relationship counselling & Trauma Recovery

📍 South Delhi | ✉️ Khitoliyamuskan1808@gmail.com | ☎️ 9990755555

Professional Summary

A compassionate and results-driven Clinical Psychologist with over 5 years of experience in cognitive-behavioral therapy (CBT), trauma counseling, and mental health advocacy. Specializes in trauma-informed therapy, grief counseling, and forensic psychology, with expertise in guiding individuals through anxiety, depression, PTSD, addiction, and behavioral challenges. Proficient in practical role-play therapy and evidence-based interventions, integrating structured psychotherapeutic techniques to enhance emotional resilience.

A dynamic speaker and mental health facilitator, actively involved in corporate mental health programs, educational workshops, and panel discussions, including multiple features on NDTV India addressing mental health challenges. Recognized for contributions to psychological well-being through research, advocacy, and community initiatives.

Core Competencies

- ✓ Cognitive-Behavioral Therapy (CBT) – Evidence-Based Interventions
- ✓ Trauma & PTSD Counseling – Trauma-Informed Approaches
- ✓ Forensic Psychology – Behavioral Analysis & Psychological Profiling
- ✓ Grief & Loss Counseling – Processing Bereavement & Emotional Resilience
- ✓ Family & Child Therapy – Early Emotional Development & Behavioral Interventions
- ✓ Obesity & Addiction Counseling – Behavior Modification Techniques
- ✓ Pre- & Post-Surgical Counseling – Emotional Preparedness & Recovery Support
- ✓ Corporate Mental Health Workshops – Employee Well-Being & Stress Management

Professional Experience

CBT Practitioner | Accura Health, Vasant Vihar (2024 – Present)

Deliver evidence-based CBT interventions for PTSD, depression, and anxiety disorders.

Formulate and implement personalized treatment plans, ensuring structured psychological progress.

Collaborate with a multidisciplinary team, working alongside MD Specialist Dr. Yatish Sharma for case discussions and clinical insights.

Cognitive-Behavioral Therapist | Dr. Bansal's Clinic, New Friends Colony (2024)

Conducted individual and group therapy sessions for clients with major depressive disorder (MDD), generalized anxiety disorder (GAD), and PTSD.

Applied cognitive restructuring techniques and exposure therapy to address maladaptive thought patterns.

Monitored treatment efficacy through standardized psychological assessments and progress tracking.

De-addiction and Obesity | The Clinics, Green Park (2023 – 2024)

Provided pre- and post-surgical psychological counseling, addressing emotional and cognitive adjustments.

Guided clients through behavior modification and resilience-building strategies for addiction recovery.

Led psychoeducational workshops on addiction awareness and obesity management.

Child Behavioral Therapist | Get Set Go Preschool, Delhi (2022 – 2023)

Designed and facilitated creative therapy sessions incorporating art, music, and play therapy for children aged 3-15 years.

Implemented behavioral intervention strategies for emotional regulation and developmental challenges.

Conducted parent training sessions on managing children's emotional well-being and behavioral concerns.

Mental Health Facilitator | Sampad Foundation & Sankalp Society (NGOs) (2020 – 2023)

Provided psychological counseling for marginalized children, focusing on emotional resilience and trauma recovery.

Developed and led inclusive education and emotional well-being workshops.

Partnered with non-profit organizations to create accessible mental health resources.

Motivational Speaker & Counsellor | Mukka Maar Society | May 2019 – Feb 2020 | Mumbai

Delivered inspirational talks and workshops blending psychological insights with actionable strategies to empower individuals and communities. Created engaging, tailored content promoting personal and professional growth, while actively incorporating audience feedback for impactful delivery. Engaged diverse audiences across Mumbai, fostering resilience, positivity, and goal-oriented mindsets through meaningful, collaborative sessions.

Media & Public Engagements

Featured on NDTV India (5 times) as a panelist, discussing mental health awareness, trauma recovery, and evidence-based psychological interventions.

Corporate Mental Health Speaker for leading MNCs, including Salesforce & Wipro.

Life Skills Counseling Workshops conducted at Delhi Public School (DPS), Gurgaon.

Motivational Speaker & Counselor at Mukka Maar Society, Mumbai.

Mental Health & COVID-19 Webinar for Wipro employees, addressing pandemic-related stress and anxiety.

Education & Certifications

- 🎓 M.A Psychology – Maharaja Agrasen Himalayan Garhwal University (MAHGU)
 - 🎓 B.A Sociology – University of Delhi (DU)
 - 🎓 Advanced Master Diploma in Guiding & Counseling – Counsel India
 - 🎓 Clinical Psychology Internship – Counsel India (2023)
-
- 📌 Certified in Cognitive Behavioral Therapy (CBT) – Evidence-Based Techniques
 - 📌 Certified in Forensic Psychology – Behavioral Analysis & Legal Applications
 - 📌 Certified in Trauma-Informed Therapy – Understanding Psychological Trauma & Recovery
 - 📌 Advanced Training in Role-Play Therapy – Practical Application in Clinical Settings

Additional Achievements

- 🏆 Recipient of the "100 Power Women Healthcare Professionals Award" (2024) for outstanding contributions to mental health counseling.
- 🏆 Supervised by Senior Clinical Psychologist Kriti Garg at Psyk Life, enhancing clinical acumen.
- 🏆 Actively involved in research and advocacy for trauma and grief therapy, integrating interdisciplinary methodologies for psychological resilience.