

SUKIRTI

Gurugram/India | +91 9465579997 | sukirti99tomar@gmail.com | [LinkedIn](#)

EDUCATION

AMITY UNIVERSITY

Doctoral of philosophy (PHD Part-time) in Clinical Psychology

Noida, Uttar Pradesh

Jan 2025-28

AMITY UNIVERSITY

Master of Philosophy (MPhil) in Clinical Psychology

RCI Registered

Gurugram, Haryana/ India

Sep 2024

CHRIST UNIVERSITY

Master of Science (Clinical Psychology)

Ghaziabad, Delhi-NCR/ India

May 2022

PANJAB UNIVERSITY

Bachelor of Psychology (BA) with Specialisation in Psychology

Chandigarh / India

May 2020


LICENSE AND CERTIFICATE

Rehabilitation Council of India Registered Clinical Psychologist (Sept. 2024)

Guidance and Counselling Certification (UGC May 2019)

WORK EXPERIENCE

Emoneeds, Sector 31

 Gurugram / India

Clinical Psychologist

October 2024- March 2025

Worked as a Clinical Psychologist in a psychiatric center, providing comprehensive psychological assessments, diagnoses, and evidence-based interventions (CBT, DBT, MET, ERP) for individuals across all age groups. Collaborated with multidisciplinary teams to develop personalized treatment plans, conducted psychoeducation sessions, and facilitated crisis interventions for acute and chronic mental health conditions.

Civil Hospital, Sector 10


 Gurugram / India

MPhil Clinical Psychology Trainee

September 2023 – September 2024

Managed a broad spectrum of psychological cases, including mood disorders, substance abuse disorders, and personality disorders in a civil hospital setting, enhancing diagnostic and therapeutic skills. Worked immensely towards the process of disability certification using IQ assessments as well as used Specific learning disability assessments like NIMHAS SLD Battery. Practiced Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Motivational Enhancement Therapy (MET), as well as other therapeutic techniques.

CogniAble


 Gurugram / India

MPhil Clinical Psychology Trainee

September 2023 – July 2024

Conducted comprehensive assessments and evaluations for children with ADHD, autism spectrum disorders, and intellectual disabilities. Worked using tests like CBCL, ISAA, MISIC, VSMS scale etc. Developed and implemented individualised treatment plans based on diagnostic results and therapeutic goals.

The Earth Saviours Foundation

 Gurugram / India

MPhil Clinical Psychology Trainee

November 2022– February 2024

Conducted assessments and diagnoses for individuals with mood disorders, psychotic disorders, and bodily distress disorders. Worked on patients therapeutic needs using Supportive therapy, Cognitive Behavioural Therapy.

SUKIRTI

Gurugram/India | +91 9465579997 | sukirti99tomar@gmail.com | [LinkedIn](#)

INTERNSHIPS

Heart it Out

📍 Bangalore / India

Psychology Trainee

November 2022– February 2023

Collaborated with therapists during observation sessions and case discussions, and prepared detailed sessional reports. Participated in on-ground training through workshops and seminars.

Vishwas Hospital

📍 Chandigarh / India

Psychology Trainee

May 2021-June 2021

Gained extensive experience in treating clients with OCD and depression. Clinical assessments, such as the Rorschach Inkblot test and the Thematic Apperception Test, were practiced during the internship.

RESEARCH WORKS

- *Comparative Study on the Impact of Social Media on the Body Image and Eating Behaviour in Male Indian Adolescents and Young Adults (2022).*
- *Impact of Binge-Watching on Self-Control, Emotional Regulation, and Mindfulness Among Young Adults (2024).*
- *Unlocking the heart: soul mandala therapy for aggression and behavioural challenges in a 7-year-old. (2025) Published in MedCrave.*

Professional Skills

- **Psychological Assessments:** IQ, Personality, Aptitude, Psychological Disorders.
- **Evidence-Based Therapeutic Practices:** CBT, DBT, MBCT, ACT.
- **Research and Data Analysis**
- **Group Therapeutic Facilitation**