

e: kanika.nirmal@gmail.com

m: 9821552403



KANIKA NIRMAL

CLINICAL PSYCHOLOGIST

Licensed Clinical Psychologist with 5 years of experience in assessing and treating clients dealing with various emotional, mental, and behavioral disorders. My expertise lies in making accurate diagnoses and providing effective treatments, particularly for high-risk clients. I am skilled in offering consultations to new clients, and I am highly motivated to build and maintain strong relationships with existing ones. Through my years of practice, I have honed my abilities to help individuals navigate through their challenges, providing them with the support they need to achieve mental well-being and growth.

experience

August 2022 - Present

MEAS Healthcare – Consultant Clinical Psychologist | Noida, India

- Detailed work - up conduction of new cases, discussion and management planning with Psychiatrist.
- Conduction of psychological assessments required for cases.
- Preparation of psychological test reports of the assessed cases.
- Conducting Report-Discussion and Psycho education session for the clients and the family.
- Therapeutic Management of these casesthrough conduction of psychological therapies (Individual and Family)
- Ensuring the delivery of quality and timely service being provided to the clients and their family
- Active involvement in all organizational activities (Workshops, Training programs, Family Sessions, Media Related etc)
- Planning, Coordination and Execution of training program for the students of Graduation and Post Graduation.

education

M.Phil Clinical Psychology:

Clinical Psychology

Institute of Human Behaviour and Allied Sciences, New Delhi, October 2018

M.Phil Dissertation titled as

" Impact of Exposure to Mental Health Setting and Educational Intervention on Attitudes among Undergraduate Nursing Students towards Mental Illness".

Master Of Arts:

Psychology Faculty of Arts,

Delhi University, New Delhi, May 2016

Bachelor Of Arts (Hons):

Psychology Zakir Husain College,

Delhi University, New Delhi, May 2014

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experience

December 2018 - July 2022

CIMBS Cosmos Institute of Mental Health and Behavioural Sciences - Clinical Psychologist | New Delhi, India

- Detailed work up of new clients-discussion and treatment planning with psychiatrists.
- Psychological consultation and development of a therapeutic plan. • Making home visits for therapeutic purposes.
- Providing telephonic or online consultations for clients.
- Administration of psychological as well as neuropsychological assessments for the referred cases, preparation of assessment reports, and conducting report discussions.
- Regular family sessions of assigned cases.
- Therapeutic management of OPD and IPD cases
- Conducting baseline ratings, psychological assessment and planning the therapy for the IPD cases, as well having regular family feedback sessions.
- Supervision of M. Phil residents in their OPD and IPD work.
- Conducting Orientation sessions, scheduling of classes coordinating the postings, teaching and training of trainees.

education

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experience

May 2015 - July 2015

Udyan Care - Psychology Intern | Delhi, India

- Worked with "Big Friend Little Friend" Programme.
- Conducted a pilot survey for Little Friends from Kanak Durga Basti. • Developed a Hand Book for Big Friends.
- Visited sunshine home to spend some quality time with the children.

June 2016 - July 2016

Dr. Rohit Sharma, Psychiatric Clinic - Clinical Psychology Intern | New Delhi, India

- Learned to take case history and mental status examination.
- Observed cases with various mental disorders and was partially involved in the non pharmacological treatment of various disorders such as OCD (ERP), Depression,
- Observed relaxation technique conducted on Dissociative, Panic disorder.

education

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