

NITYA SRIVASTAVA

New Delhi, 110091 | +91 9582950944 | nitya98srivastava@gmail.com | linkedin.com/in/nitya-srivastava298

Skills

- Clinical Assessment
- Psychological Testing
- Cognitive Behavioral Therapy
- Family Therapy
- Prompt Engineering
- Intervention Plans and Individualized Education Plans (IEPs)
- AI Model Building
- Leadership Skills
- Onboarding and Hiring
- Canva, Photoshop, Figma, Clip Champ
- UI/ UX
- Video Editing, Movie Making, Content Creation

Work History

PSYCHED

Psychologist (Part Time)

12/2024- Present

- Provided individual counseling to adolescents and young adults (16–25 years), addressing emotional, academic, and interpersonal concerns
- Developed and delivered structured psychoeducational workshop modules for schools and colleges
- Contributed to recruitment, screening, and onboarding of psychologists and interns
- Created engaging mental health content including blogs, articles, and resource kits for the organization’s digital platform

JAGRUTI REHABILITATION CENTER

Rehabilitation Psychology Trainee (Full Time)

04/2025 - 05/2025

- Conducted comprehensive case histories and psychological assessments for individuals with addiction, schizophrenia, bipolar disorder, dementia, and affective disorders
- Designed individualized therapeutic interventions under supervision, aligned with rehabilitation
- Delivered one-on-one counseling sessions focused on symptom management, insight building, and emotional regulation
- Facilitated psychoeducational and structured group therapy sessions targeting relapse prevention, self-care, and social skills

BRAHMA SHAKTI SPECIAL SCHOOL

Rehabilitation Psychology Trainee (Full Time)

01/2025 - 02/2025

- Conducted detailed assessments and behavioral observations for children and young adults (ages 3–25) with Autism, ADHD, Cerebral Palsy, Intellectual Disability, and Down Syndrome
- Developed and implemented Individualized Education Plans (IEPs) tailored to cognitive, emotional, and functional needs
- Worked in collaboration with special educators and therapists to support holistic development and school readiness
- Participated in family counseling, documentation, and progress reviews

INFIHEAL HEALTHTECH PVT. LTD

Senior Psychologist (Full Time)

05/2024 - 10/2024

- Collaborated with cross-functional teams to integrate prompt engineering methodologies into counseling and AI model development
- Conducted rigorous research studies to advance understanding of psychological principles and their practical applications, utilizing data-driven approach to inform both counseling strategies and refinement of AI models
- Provided empathetic and evidence-based counseling services to individuals facing variety of mental health challenges
- Collaborated with data scientists and engineers to implement machine learning algorithms aligned with psychological principles, continuously refining and updating AI models based on real-world feedback and evolving research in field

- Customized course content to meet the needs of diverse participant groups, ensuring practical applicability and measurable outcomes
- Tailored workshop content to address specific challenges and goals identified by participants

Consultant Psychologist (Part Time)

08/2023 - 04/2024

- Collaborated with cross-functional teams to integrate prompt engineering methodologies into counseling and AI model development
- Conducted rigorous research studies to advance understanding of psychological principles and their practical applications, utilizing data-driven approach to inform both counseling strategies and refinement of AI models
- Provided empathetic and evidence-based counseling services to individuals facing variety of mental health challenges
- Collaborated with data scientists and engineers to implement machine learning algorithms aligned with psychological principles, continuously refining and updating AI models based on real-world feedback and evolving research in field
- Customized course content to meet the needs of diverse participant groups, ensuring practical applicability and measurable outcomes
- Tailored workshop content to address specific challenges and goals identified by participants

Senior Psychologist and Team Lead (Full Time)

04/2022 - 05/2023

Developed Psychometric Tests, enhancing clinical assessment tools

- Provided empathetic counseling for diverse mental health challenges to 20+ clients
- Conducted in-depth research in Clinical Psychology, utilizing a data-driven approach
- Facilitated Onboarding Team for seamless transitions
- Led a team of 10 Junior Psychologists, optimizing workflows
- Contributed to counseling chat-bot development, AI model building, and pathway creation for 12 Emotions, 20+ Disorders, and 25+ Non-Clinical Issues.

YOURDOST PVT. LTD

Psychologist

12/2021 - 05/2022

- Conducted counseling sessions with 100+ clients via chat, audio, and video modes, addressing diverse categories such as self-improvement, love-relationship, break-up, and anger management achieving a client satisfaction rate of 95%
- Proficient in Cognitive Behavioural Therapy (CBT) and Solution-Focused Brief Therapy (SFBT), Trauma Informed Therapy.

Shanti Home De-addiction, Mental Health and Rehabilitation Centre Uttar Pradesh

Psychology Intern

01/2020 - 02/2020

- Under Clinical Psychologists, acquired proficiency in diverse psychological assessments, including Somatoform
- Board Test (SFBT), Draw A Person Test (DAPT), 16 Personality Factors (16PF), Developmental Screening Test (DST), Indian Disability Evaluation Assessment Scale (IDEAS), Vineland Social Maturity Scale (VSMS) among others.

Mind and Wellness Studio

Psychology Intern

09/2019 - 10/2019

- Provided clerical support, managing routine and special requirements
- Organized files, spreadsheets, and reports, ensuring efficient data management
- Answered incoming calls, took messages, and provided information to maintain communication flow
- Established rapport with clients, fostering trust and creating a conducive growth environment
- Collaborated in a professional team to address workflow issues and provide recommendations
- Developed social media strategy for Facebook, Instagram, and Twitter
- Contributed to content creation for the company website.

**National Commission for Protection of Child
Intern**

06/2019 - 07/2019

- Worked under POCSO Act, ensuring adherence to legal guidelines
- Contributed to clerical work, demonstrating attention to detail

**Ministry of Women and Child Development
Intern**

07/2018 - 08/2018

- Worked under the Juvenile Justice Scheme, ensuring compliance with legal protocols
- Conducted field visits to adoption homes and railway stations to assess the conditions of rescued children involved in trafficking cases.

**Moolchand Hospital
Psychology Intern**

06/2017 - 07/2017

- Worked under the guidance of Dr Jitender Nagpal, gaining valuable experience in speech therapies, occupational therapies, and learning disabilities sessions
- Conducted case histories and established rapport with clients to foster trusting relationships and create a conducive setting for growth.

Education

**Post Graduate Diploma: Rehabilitation Psychology
AMITY UNIVERSITY, Greater Noida, India**

(2024) Pursuing

Masters: Clinical Psychology
AMITY UNIVERSITY Noida - Noida, India
GPA: 8.14

2021

BA Program: Psychology and Economics
UNIVERSITY OF DELHI, GARGI COLLEGE - Delhi, India
GPA: 6.81

2019

Senior School (12th): Arts
AMITY INTERNATIONAL SCHOOL, C.B.S.E - Noida, India
GPA: 85%

2016

10th
AMITY INTERNATIONAL SCHOOL, C.B.S.E - Delhi, India
GPA: 8.0

2014

Research Papers and Publications

Exploring Psychological Distress in Farmers: A Study of the 2023 Yamuna Floods

Conference: NICMAR Pune – “Health and Wellness for All”

Date Presented: 15th February 2025

Authors: Sidharth Verma, Nitya Srivastava, Prof. Durgesh Tripathi

- Presented original research analyzing the psychological impact of climate-induced flooding on agrarian communities
- Awarded **Best Paper** at the national conference for empirical depth and relevance to rural mental health policy
- Selected for publication as a **concise book chapter** with **Springer Nature**, in the upcoming volume: *“Health and Wellness for All: Navigating Pathways to a Better Life – A Comprehensive Guide”* (SpringerBriefs Series) (*Publication Awaited*)

Certifications

- CBT: Cognitive Behavioral Therapy for Therapists and Coaches
Institution: Sussex Hypnotherapy Limited January 2022
- PTSD Counseling And Management
Institution: Virtued Academy International January 2022
- Solution Focused Brief Therapy
Institution: Skill Boosters January 2022
- Rehabilitation Council of India (RCI)- Awaited