

NIKITA SAWALAKHE

Clinical Psychologist (A)
Gurugram, Haryana, India

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KEY SKILLS

- Psychological Assessment & Testing
- Case History & MSE
- Psychotherapies such as CBT, DBT, MET, Behaviour therapy, Supportive psychotherapy (Chronic illnesses, trauma patients, cancer patients)
- Group Therapy & Psychoeducation
- Multidisciplinary Team Collaboration
- Cultural Sensitivity in Mental Health Care

LANGUAGES

- English
- Hindi

SOCIAL INITIATIVES

- Project ZIYA – Menstrual hygiene awareness campaign across India (Girl Up Arya x Trayarunya)
- Food Drive – For underprivileged children in Panchgaon (2022)

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PROFESSIONAL PROFILE

Clinical psychology professional with strong academic and practical experience in hospital, rehabilitation, and community settings. Skilled in psychological assessments, case formulation, and evidence-based therapies. Committed to ethical practice and supporting mental health through thoughtful, client-centred care.

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EDUCATION

Swami Rama Himalayan University, Dehradun

Professional Diploma in Clinical Psychology (RCI-recognised)
Aug 2024 – Aug 2025

Amity University Haryana

M.Sc. Clinical Psychology – 8.59 CGPA
2021 – 2023

Amity University Haryana

B.Sc. Clinical Psychology – 7.86 CGPA
2018 – 2021

Delhi Public School, Maruti Kunj, Gurgaon

CBSE – Science (PCB)
Class XII: 82.6% | Class X: 85.5%

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EXPERIENCE

Himalayan Institute of Medical Sciences – Trainee Clinical Psychologist (A)

Dehradun | Aug 2024 – Present

- Provided psychotherapy (CBT, behavior therapy, supportive therapy) and psychoeducation, along with conducting psychological assessments under supervision
- Engaged in clinical work across diverse units including psychiatry, pediatrics, neurology, oncology, and de-addiction services, contributing to integrated patient care
- Maintained clinical documentation and participated in academic activities (seminars, journal clubs, case conferences)

CERTIFICATIONS & WORKSHOPS

- Expressive Art Therapy Internship (June 2020)
- Webinar: Personality Disorders by Dr. Avinash De Sousa
- 2-year German Language Course – Amity University
- 3-year French Language Course – Amity University
- Minor Degree in Painting Arts – Amity University

ACHIEVEMENTS

- 3rd Place – COPIUS PSYNTHESIS, National Research Competition (2021)
- Scored 70%+ – National Psychology Quiz (2020)
- 2nd Place – National Street Play Competition, Manipal University (2019)

Tulasi Healthcare – Psychologist

Gurugram | Jul 2023 – Jun 2024 (1 Year)

- Delivered individual and group therapy along with psychoeducation sessions using evidence-based approaches, including emotional regulation, coping skills, and cognitive remediation under supervision.
- Conducted psychometric assessments and contributed to diagnostic and therapeutic planning under supervision
- Collaborated with multidisciplinary teams for holistic case management and maintained clinical documentation in adherence to ethical standards

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INTERNSHIPS

The Earth Saviours Foundation – Counselling Psychology Intern | Mar 2023 – May 2023 (3 Months)

Built rapport with residents, conducted clinical interviews and offered counselling sessions

VIMHANS Hospital – Clinical Psychology Intern | Oct 2022 – Dec 2022 (3 Months)

Observed OPD/IPD consultations and attended workshops on therapy techniques.

Xanadu Healthcare – Clinical Psychology Intern | Jul 2022 – Aug 2022 (2 Months)

Conducted neuroplasticity exercises, art therapy, group sessions, and observed psychiatric procedures like rTMS.

Cognizavest, California Hypnosis Institute, Mind Wellness Centre, Artemis Hospitals | 2019 – 2022

Completed internships across varied clinical settings, with experience in assessment, diagnostic frameworks (DSM-5, ICD-10), psychometric testing, and therapeutic planning. Received basic training in hypnotherapy and observed therapy sessions.

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OTHER EXPERIENCES

Subject Matter Expert (Psychology & Biology), MyMegaMind | Oct 2022 – Feb 2023

Head of Public Relations, Girl Up Arya (UN Foundation) | Apr 2021 – Jun 2022

Research Intern, ManuscriptPedia | Jun 2020 – Jul 2020