




# NANDINI BHALLA

## CONTACT

 nandinib1398@gmail.com  
 8588918498  
 Karol Bagh, New Delhi - 110005

## SKILLS

Conducting psychological assessment on children as well as adults for identification and diagnosis of different psychological, emotional and behavioral issues.

Development of personalized treatment plans for different psychological disorders

Providing psychoeducation to caregivers of patients

Soft Skills like Empathy, Acceptance, and Active Listening

Teaching Skills

Keen Attention to Details

Problem Solving Skills

Communication Skills

Research Aptitude

Knowledge of SPSS

Handwriting Analysis

Doodle Analysis

Emotional Freedom Technique Practitioner

## OBJECTIVE

With an experience of 3+ years in dealing with clients from diverse cultural backgrounds having mental health issues ranging from acute to chronic conditions, I aim to provide mental health services accessible to all. Seeking to utilize my expertise in psychodiagnostic assessments, psychotherapy and treatment planning to contribute towards the promotion of mental health awareness and implementing effective therapeutic interventions for individuals dealing with various psychological disorders.

## EDUCATION

2022-  
2024

**M.Phil. Clinical Psychology (RCI recognized)**  
Institute of Mental Health and Hospital, Agra  
(Formerly Mental Hospital, Agra)  
First Division

2019-  
2021

**M. A. Clinical Psychology**  
Amity University, Noida  
82.2%

2016-  
2019

**B. A. (Hons.) Applied Psychology**  
University of Delhi  
77.67%

## ACHIEVEMENTS & AWARDS

GATE (psychology) qualified - 2025

UGC NET (psychology) qualified - 2024

UGC NET (psychology) qualified - 2022

## DISSERTATION / RESEARCH

**Relationship between the Dark Triad of Personality, Self-Esteem and Attachment Styles among patients with Substance Dependence**  
(2024)

**Relationship between Loneliness, Locus of Control and Creativity among Nuclear and Joint Family Individuals**  
(2021)

**Mindfulness and it's Relationship with Self-Esteem, Anxiety and Subjective Well-Being Among Yoga and Meditation Practitioners**  
(2019)

## WORK EXPERIENCE

University of Delhi, SOL  
Guest Faculty, Psychology (Part time)  
September, 2024 - Present

DilTalks App  
Freelance Counselor  
December 2024 - Present

Curomates App  
Listener  
December 2024 - Present

Emoneeds  
Clinical Psychologist  
July, 2024 - September, 2024

Institute of Mental Health and Hospital, Agra  
Trainee Clinical Psychologist  
January, 2022 - January, 2024

## INTERNSHIPS

---

6.06.2021 - 14.07.2021	<b>Content Writing Intern</b> Unique Psychological Services Designed content for their LinkedIn profile in the form of posts, caricatures and articles.
3.07.2021 - 12.07.2021	<b>Clinical Psychology Intern</b> Department of Mental Health and Behavioural Sciences, Fortis Healthcare and Sukoon Health Internship in clinical psychology with online classes, application based assignments, reading and critical analysis of relevant research papers and experimental project.
18.01.2020 - 24.02.2021	<b>Psychology Intern</b> Amar Jyoti Charitable Trust Case history taking. Psychological testing of children under the Child Guidance Clinic. Observation sessions of counselling, occupational therapy, speech therapy and early intervention unit.
26.08.19 - 15.10.19	<b>Psychology Intern</b> J. D. Tytler School (Learning Centre) Classroom teaching of alphabets, numbers, and art and craft activities to special children. Preparation of interesting worksheets for children. Case history taking.
1.06.18 - 15.06.18	<b>Psychology Intern</b> Unique Psychological Services Conduction of various psychometric assessments. Introduction to case history and MSE taking procedure. Field visits to drug de addiction centre and special school.
1.06.2017 - 1.07.2017	<b>Psychology Intern</b> Sahayam Intervention Centre Designing manuals for parents as well as children and conduction of sensitization workshop on child sexual abuse. Conduction of a camp on depression.

## CERTIFICATE COURSES

---

**Advanced Emotional Freedom Technique (EFT) for Holistic Living (2019)**

Conducted by Cognial Healers Academy

**Emotional Freedom Technique for Holistic Living (2019)**

Conducted by Cognial Healers Academy

**Art Therapy (Online Training Program) (2019)**

Conducted by Guidance City

**Gratitude Therapy (2019)**

Conducted by Manosamvaad

**Graphic Analysis (Doodle Analysis) (2017)**

Conducted by Sign Impact

**Handwriting and Signature Analysis (2016))**

Conducted by Sign Impact