

NIKHIL SHARMA

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PROFESSIONAL SUMMARY

With the information I've accumulated over the years, I hope to use it to diagnose mental illnesses, handle, counsel, and assist patients empathetically in order to enhance their quality of life and encourage good behavior. Eliminating the stigma attached to psychiatric problems is my major objective. As a mental health practitioner and therapist, I aspire to be among the most moral in my field.

SKILLS

- Problem-solving
- Creativity
- Research and theory
- Active listening
- Ethics
- Therapy and counseling
- Case Management
- Individual Therapy
- Cognitive behavioral therapy
- Psychological Assessment
- Time Management
- Team building
- Treatment Planning
- Problem-Solving
- Adaptability

EXPERIENCE

JAIN HOSPITAL

Rajasthan, IN

Trainee

07/2023 to 05/2024

- Collaborated with other professionals to develop treatment plans tailored to each client's individual needs.
- Provided direct clinical services to clients such as individual therapy, group counseling, and crisis intervention.
- Utilized evidence-based treatments such as Cognitive Behavioral Therapy and Dialectical Behavioral Therapy.

DISTRICT HOSPITAL

Rajasthan, IN

Trainee

07/2023 to 05/2024

- Monitored client progress over time by tracking changes in behavior and symptoms.
- Developed treatment plans based on clinical assessment findings.
- Maintained detailed case notes and updated treatment plans as needed.
- Educated patients about mental health issues and available treatment options.
- Conducted psychotherapy sessions with individuals, couples and families to assess mental health issues and develop treatment plans.

CIVIL HOSPITAL

Gurgaon, IN

Intern

09/2021 to 10/2021

- Empathy and strong observance skills and to my inherent ability to understand and reach out to people
- Ability to detect pattern that enables me to predict and understand behavior
- Studied human behavior and implemented plans accordingly
- Great interpersonal skills that allow me to collaborate with physician and other health care worker

INDIAN RED CROSS SOCIETY

Chandigarh

INTERN

03/2020 to 05/2020

- ASSIGNMENT, SURVEY AND COUNSELLING SECTIONS

SPYM

delhi gate

INTER

01/2019 to 04/2019

- Expertise in collecting patients information through interview , observation, test, and assignment

COLUMBIA ASIA

sector 23 Gurgaon

INTER

07/2018 to 12/2018

- Expertise in diagnosing ,identifying and treating various psychological conditions
- Expertise in collecting patients information through interviews, observation, tests

EDUCATION

M.PHIL.: CLINICAL PSYCHOLOGY 07/2024
Shri Khushal Das University, Hanumangarh, RJ

MASTER OF SCIENCE: CLINICAL PSYCHOLOGY 01/2022
GURUGRAM UNIVERSITY, Gurgaon

BACHELOR OF ARTS: CLINICAL PSYCHOLOGY 01/2020
SGT UNIVERSITY, Haryana
BA (HONS) CLINICAL PSYCHOLOGY

12TH 01/2017
Euro International school, Gurgoan

CERTIFICATIONS

- ICCBI international conference on cognitive behavioral interventions (2018)
- Indin red cross society (2020)
- International conference on projective psychology (2020)
- Participation on mental health awareness walk and nukkad natak occasion of world mental health day