

# CURRICULUM VITAE

## NIKHITA DEDHA

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### Professional Summary

Motivated and compassionate Psychology postgraduate with a Master's in Counselling Psychology, and dual Postgraduate Diplomas in Guidance & Counselling and Mental Health. Trained through diverse clinical internships at government and private mental health institutions, with experience in assessment, therapeutic interventions, and psychoeducation. Passionate about providing empathetic support and applying evidence-based techniques to promote emotional well-being. Actively seeking a Psychologist position to grow in a collaborative, ethical, and client-centered environment.

### Academic Qualification

| Academic Particulars                              | Institution/University   | Year of Passing |
|---|--|-----------------|
| 10 <sup>th</sup>                                  | NEW CONVENT MODERN SEC. SCHOOL (C.B.S.E)   | 2015            |
| 12 <sup>th</sup>                                  | GREENFIELDS PUBLIC SCHOOL (C.B.S.E)  | 2017            |
| BACHELORS OF ELEMENTARY EDUCATION                 | ADITI MAHAVIDHYALA (UNIVERSITY OF DELHI)   | 2021            |
| ENGLISH LANGUAGE PROGRAM                          | EMBASSY OF UNITED STATES OF AMERICA  | 2021            |
| MASTER'S IN COUNSELLING PSYCHOLOGY                | AMITY UNIVERSITY, NOIDA  | 2023            |
| POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING | JAMIA MILLIA ISLAMIA   | 2024            |
| POST GRADUATE DIPLOMA IN MENTAL HEALTH            | LADY HARDING MEDICAL COLLGE & SSSK HOSPITAL (INDIRA GANDHI NATIONAL OPEN UNIVERSITY) | Pursing         |

## Relevant Clinical & Counselling Internships

- Guru Teg Bahadur Hospital, Dilshad Garden, Delhi | Psychology Internship (March -April 2025)
- IHBAS, Dilshad Garden, Delhi | Psychiatry department Internship (Feb 2025)
- Govt. Boys Senior secondary School. Delhi | School Counselling (2024)
- Roar Wellness Rehabilitation Center, Chhatarpur, Delhi | Counseling and Addiction therapy Internship (2022)
- Psy-Maan, Paschim Vihar, New Delhi | Clinical and Counseling Internship (2022)
- We Avec Organization, Noida | Counseling Internship (2021)

## Research and Publications

- Dissertation: "The Role of Gender on Prosocial Behavior and Aggressive Behavior Among College Students" | 2023
- Research Journal: "Prosocial Behaviour among college students: Gender differences" International Journal of Creative Research Thoughts (IJCRT), Volume-11, Issue-5, 2023 | ISSN: 2320-2882

## Extra Achievements

- 2 years certificate in Spanish Language.

## Hobbies

- Stress Management: Practicing mindfulness techniques.
- Self-care Practices: engaging in activities that promote mental and emotional well-being like Painting and reading.
- Continual Learning: Keen interest in learning and gaining knowledge by attending conferences, enrolling in workshops and seminars related to counselling or day-to-day psychology.
- Journal Writing: enhancing self-awareness and introspection.

## Core Skills

- **Clinical:** Psychological assessment, diagnosis, documentation
- **Therapeutic:** CBT basics, active listening, case formulation
- **Soft Skills:** Empathy, communication, adaptability
- **Technical:**MS-Excel, MS-Word, MS-PowerPoint, BMI SPSS Statistics.

## General Abilities & extra-curricular activities

- Goal-oriented and good team player.
- Patience to work in an effective manner.
- Self- motivated with positive attitude.
- Dedicated and Hard working.
- Ability to manage discipline.

## Personal Data

LANGUAGES KNOWN : English, Hindi and Basic Spanish  
MARITAL STATUS : Single  
DATE OF BIRTH : 14 October 1999  
FATHER'S NAME : Praveen Kumar Dedha  
MOTHER'S NAME : Suman

**NIKHITA DEDHA**