

# NIKITA PALIWAL

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I am a registered Clinical Psychologist (CRR No.- A106858) with skills in psychological assessments, counselling, and basic therapeutic interventions. I follow an eclectic approach to understand and support individual needs. As a fresher, I am keen to begin my career in a healthcare setting that values mental health and holistic well-being.

## EXPERIENCE

### SANCTUM WELLNESS AND HEALING REHABILITATION CENTRE- NEW DELHI- (SEPTEMBER, 2024 - NOVEMBER, 2024)

- **Applied Basic Counseling Skills:** Employed active listening, empathy, and rapport-building techniques to create a safe and trusting environment for clients to explore their feelings and behaviors.
- **Conducted Group Therapy:** Guided group therapy sessions, promoting open dialogue, peer support, and shared learning experiences for clients working through similar challenges.
- **Delivered Individual Therapy:** Provided one-on-one therapy sessions, tailoring treatment approaches to meet the unique needs of each client.
- **Utilized an Eclectic Therapeutic Approach:** Combined various therapeutic methods, including Motivational Enhancement Therapy (MET), Cognitive Behavioral Therapy (CBT), and Psychoeducation, to effectively address a wide range of client concerns.
- **Administered Psychometric Assessments:** Conducted psychometric assessments as required by the case, ensuring thorough evaluation and supporting tailored therapeutic interventions.
- **Facilitated Twelve-Step Program Sessions (Briefly, in Absence of Counselor):** Led and supported clients through structured twelve-step sessions for one week, fostering self-awareness and group connection in a supportive environment, in the absence of the regular counselor.

### MPHIL CLINICAL PSYCHOLOGY TRAINEE, RCI RECOGNISED, RANCHI INSTITUTE OF NEURO-PSYCHIATRY AND ALLIED SCIENCES, KANKE, JAHRKHAND

Cumulative percentage- 70.2/ First Division- (July,2022 - July,2024)

Trained in clinical works covering detailed psychological assessment including psychodiagnostic assessment and assessment for certification, counseling and psychotherapeutic interventions.

Research experience one year- dissertation- Cognitive Behavioral Paradigm of Various Types of Delusions Across Psychosis a Phenomenological Study - under the guidance of Dr. Masroor Jahan Additional Professor, Department of Clinical Psychology, RINPAS, Kanke, Jharkhand.

## EDUCATION

### **MPHIL CLINICAL PSYCHOLOGY, RANCHI UNIVERSITY**

**70.2%- FIRST DIVISION (JULY,2022-JULY,2024)**

### **UGC-NET QUALIFIED**

**DEC 2021 & JUNE 2022 MERGED- 69.3%**

**DEC,2023- 63.33%**

### **BASIC TEACHERS TRAINING COURSE IN YOGA EDUCATION (200 HOURS)**

**Grade- Qualified (NOV, 2021- JAN,2022)**

**Institute Recognized by AYUSH Ministry, Govt. of India.**

### **MASTERS OF ARTS (PSYCHOLOGY), BANARAS HINDU UNIVERSITY**

**JULY, 2019- OCT, 2021**

**GRADE- 9 CGPA (DISTINCTION)**

Participated in an International Psychology Olympiad organized by 'The Psychologists' (An Association of Psychology)- Second Position.

### **BACHELORS OF ARTS (PSYCHOLOGY), BANARAS HINDU UNIVERSITY**

**JULY,2016- JULY,2019**

**GRADE- 8.6 CGPA (DISTINCTION)**

co-authored and presented a review paper on yoga (yoga: a complimentary healing practice) at International Conference on Integrating Traditional Indian Healing Practices with Contemporary Health System at Daulat Ram College, Delhi University (2019).

co- authored & presented a review paper on terrorism (A Life for Death- Understanding Terrorism) at International Conference of Indian Academy of Applied Psychology (IAAP, 2019) at Kurukshetra University, Haryana.

### **DIPLOMA IN MASS COMMUNICATION, BANARAS HINDU UNIVERSITY**

**Aug,2017- Aug, 2018**

**Grade- First Division**

**CERTIFICATE IN MASS COMMUNICATION, BANARAS HINDU UNIVERSITY**

**Aug,2016- Aug, 2017**

**Grade- First Division**

**ARMY PUBLIC SCHOOL, UDHAMPUR**

**Intermediate- Science- 73% (2012-2013)**

**High School- 8.6 CGPA (2010-2011)**

**LANGUAGE PROFICIENCY**

**Hindi (native proficiency)**

**English (full professional proficiency)**

**SKILLS**

- Psychometrics
- Psychotherapeutic interventions
- Qualitative research
- Basic understanding of SPSS
- Good communication skills

**ACTIVITIES**

Brief Volunteering & Learning Experiences with-  
SPIC MACAY (Vrindavan, 2017),

Karma Institute for Counselling and Wellbeing (New Delhi, 2018)

Earth Savors Foundation (Grugram, 2018)

Participated in socio-cultural and literary events at university.

Hobby- Poetry (Published- The Living Room and The Mind is Kind).