



NIKITA PHOGAT

Clinical Psychologist (A)

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Rohtak, Haryana

LANGUAGES

Proficient: **English C1-IELTS**

Native: **Hindi**

SKILLS

Assessment + Diagnosis

Case Conceptualisation

Treatment Planning

Therapeutic Proficiency

Record Keeping

STRENGTHS

Therapeutic alliance

Cognitive Behavioural

Therapy CBT

Motivational Enhancement

Therapy MET

Mood disorders

Neurotic disorders

INTERESTS

Relationship Dynamics:

1.Attachment Theory

2.Couples and Family Therapy

ABOUT ME

Trained in a hospital setting, primarily with adult population that is struggling with issues as Anxiety, Depression, OCD, and substance abuse. Focuses on integrating various evidence - based therapies to best help client.

EXPERIENCE

Internship | **State Institute for Rehabilitation, Training & Research (SIR-TAR)**

July 2021 – August 2021

- Worked with specially abled children, including diagnosis, assessment and schedule structuring.

Child Therapist | **ABC School for Children in Need**

April 2023 – July 2023

- Working with the autistic children, to manage and schedule their every day life with assistance of Functional Assessment.

Clinical Psychologist Trainee | **SGT Hospital**

August 2023 – August 2024

- Working with children for IQ assessment, diagnosis, and further intervention. Personality assessment (projective and non-projective). Application of therapeutic skills with adult population struggling with mental health issues. Following ICD-10 for diagnosis, and empirical approaches as CBT, REBT, MET for intervention.

EDUCATION

Professional Diploma in Clinical Psychology | **SGT**

September 2023 – September 2024

Gurugram, Haryana

- Percentage 70.68
- Working in OPD setting, and training in assessment and therapeutic skills.

Masters In Clinical Psychology | **SWPS**

September 2021 – 2023

Warszawa, Poland

- GPA 4.5/5
- Specialising in Family and couple's psychotherapy

Bachelors in Psychology | **MDU, India**

May 2016 - May 2019

Haryana, India

- GPA 4.4/5
- Roll Of Honour awardee