



Nishant Upadhyay

📍 Darjeeling, India 734101

📞 7899310531

✉ nishantupadhyay850@gmail.com

Professional Summary

Organized and dependable candidate successful at managing multiple priorities with a positive attitude. Willingness to take on added responsibilities to meet team goals.

Skills

- Activities of Daily Living (ADL) Assistance
- Care Coordination
- Family Education
- Mental Health Wellness
- Health Records Management
- Interpersonal Skills Development
- Counseling
- Recreational Activity Planning
- Quality of Life Improvements
- Group Therapy
- Relationship Issues Management
- Applied Behavior Analysis
- Presentations
- Intake Assessment
- Individual Education Plan
- Behavioral Intervention Plans (BIP)
- Behavioral Disorders
- Incident Response
- Patient Assessments
- Domestic Violence Assistance
- Primary Care
- Psychological Interventions
- Psychological Assessments
- Group Activities
- Psychometric Testing and Evaluation
- Patient Observation
- Talk Therapy
- Emotional Support
- Community Mental Health Programs
- Learning Strategies

Professional Experience

06.2022 - 07.2022

Counselling Psychologist Intern

St. Stephens hospital New Delhi - New Delhi

- Delivered counseling services under close supervision of psychologists.
- Observed service delivery for cases involving specific problems and broadly disordered behavior.
- Facilitated groups with as many as 10 participants to cover topics such as bullying and academic stress.
- Administered, scored, and interpreted psychological tests during office visits.

Education

07.2023

Master of Arts, Counseling Psychology, Sam Higginbottom University of Agriculture, Techno - Prayagraj

07.2020

Bachelor of Arts, Psychology, Journalism, English, Reva University - Bengaluru

Additional Information

DOB:- 24/03/1997

Marital status :- Unmarried

Languages

English

Upper intermediate (B2)

Nepali

Upper intermediate (B2)

Hindi

Bilingual or Proficient (C2)