



Nishka Mehta

Clinical Psychologist

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DESCRIPTION

Clinical Psychologist with training and supervision in psychodiagnostic assessment, case formulation, and psychotherapy with diverse clinical populations. Skilled in administering and interpreting neuropsychological, intelligence, projective, and objective assessments, with experience in evidence-based interventions, clinical documentation, and mental health research. Committed to integrating clinical, theoretical, and research skills to deliver comprehensive and compassionate psychological care.

EDUCATION

M.Phil. Clinical Psychology | CGPA: 8.55
Amity University Rajasthan
2023 - 2025

M.Sc. Clinical Psychology
Manipal University Jaipur
2021 - 2023

B.A. (Psychology Majors)
Jai Hind College, Mumbai
2018 - 2021

COURSES

Trauma Informed Psychological Interventions | August, 2025

ICD-11 Diagnostic Requirements for Mental, Behavioral and Neurodevelopmental Disorders: An Online Comprehensive Course | July, 2024

Schizophrenia
Wesleyan University | June, 2022

Life Skills - Level 3 | December 2020

WORK EXPERIENCE

Trainee Clinical Psychologist

Gautam Hospital and Research Centre, Jaipur

Sep 2023 - Dec 2023; Jun 2024 - Aug 2024; Jun 2025 - Aug 2025

Offered psychodiagnostic evaluation and therapeutic interventions to individuals with diverse mental health, behavioral, and neurodevelopmental conditions.

Trainee Clinical Psychologist

Jain Neuropsychiatry and De-addiction Clinic, Jaipur

Mar 2025 - May 2025

Offered psychodiagnostic evaluation and therapeutic interventions to individuals with diverse mental health, behavioral, and neurodevelopmental conditions.

Trainee Clinical Psychologist

Bhargava Psychiatry, De-addiction and General Hospital, Jaipur

Dec 2024 - Feb 2025

Offered psychodiagnostic evaluation and therapeutic interventions to individuals with diverse mental health, behavioral, and neurodevelopmental conditions.

Trainee Clinical Psychologist

NIMS University, Jaipur

Mar 2024 - May 2024; Sep 2024 - Nov 2024

Offered psychodiagnostic evaluation and therapeutic interventions to individuals with diverse mental health, behavioral, and neurodevelopmental conditions.

Trainee Clinical Psychologist

Disha - A Resource Centre for the Disabled, Jaipur

Dec 2023 - Feb 2024

Performed psychodiagnostic assessments and offered therapeutic interventions to children with behavioral and neurodevelopmental conditions.

Psychology Intern & Assistant Psychologist

Dr. Kiran Makhijani, Mumbai

Dec 2022 - Aug 2023

Observed and assisted in therapy sessions and assessment administration, scoring, and report writing.

Psychology Intern

Masina Hospital, Mumbai

Aug 2022 - Sep 2022

Participated in inpatient care, group therapy sessions, learnt case history taking, and taking MSEs. Also observed psychological assessments, psychotherapy sessions, and psychiatric procedures including ECT and rTMS.

Life Skills – Level 2 | April 2019
Life Skills – Level 1 | October 2018

Indian Cultural Heritage | February - March 2019

WORKSHOPS & LECTURES

RCI Accredited CRE workshop on “Understanding vulnerabilities and forensic evaluation of children in conflict with law” | July, 2024

Workshop on “Designing Explainable AI Powered Tools for Early Detection & Management of Dementia” | April, 2024

RCI Accredited CRE workshop on “Understanding Adverse Childhood Experiences (ACE) and POCSO Act” | April, 2024

Lecture on Specific Learning Disability | February, 2024

Lecture on Alzheimer’s Disease | September, 2023

Lecture on Suicide Prevention | September, 2023

Self-Hypnosis by Dr Yogesh | August, 2019

LANGUAGES

ENGLISH

Native or bilingual proficiency

HINDI

Native or bilingual proficiency

GUJARATI

Native or bilingual proficiency

MARATHI

Elementary proficiency

Psychology Intern

Mynd (Remote)

Jun 2021 – Sep 2021

Contributed to social media outreach, created psychology-related content, and assisted with case studies and mental health workshops.

Psychology Intern

Parkinson’s Disease and Movement Disorder Society (PDMDS), Mumbai

May 2019 – Jun 2019

Assisted in group sessions focusing on cognitive retraining and occupational therapy for individuals with Parkinson’s disease.

VOLUNTEERSHIP

Volunteer

Shraddha Charitable Trust, Mumbai

Jul 2019 – Aug 2019

Supported children with disabilities in engaging with structured occupational and creative activities.

RESEARCH UNDERTAKINGS

Impact of Cognitive Reserve on Stress, Affect and General Mental Health (2025)

M.Phil. Dissertation | Primary Research (Quantitative)

Studying The Relationship Between Digital Wellbeing, Mental Wellbeing and Life Satisfaction Among Young Adults (2023)

M.Sc. dissertation | Primary Research (Quantitative)

Test Development and Psychometrics Project (2021)

Participated as an intern.

PAPER PRESENTATION & CONFERENCES ATTENDED

50th National Annual Conference of Indian Association of Clinical Psychologists (February, 2024)

“Studying The Relationship Between Digital Wellbeing, Mental Wellbeing and Life Satisfaction Among Young Adults”

SKILLS

Clinical Skills | Case History Taking | Mental Status Examination | Psychodiagnostic Assessment | Diagnosis | Neuropsychological Assessments | Personality Assessments | Projective Assessments | IQ testing | Report Writing | Case Formulations | Communication and Interpersonal Skills | Empathy | Active Listening | Psychotherapy Intervention Planning | Trauma Informed Care | Supportive Therapy | Crisis Intervention | Psychoeducation | Cognitive Behavior Therapy | Behavior Modification | Mindfulness Based Cognitive Therapy | Couples and Family Intervention | Solution Focused Brief Therapy | Cognitive Retraining | Research Skills | IBM SPSS |