

NIRMALA

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A dedicated psychology professional with practical experience in therapy and mental health care. Passionate about making a positive impact through empathy and skilled practice.



EXPERIENCE

Campus Ambassador Partner, Internshala, Delhi

January 2021 - August 2021

- Developed and executed innovative marketing strategies to promote Internshala on campus.
- Created and delivered high-conversion, targeted content to engage students and encourage sign-ups.
- Successfully increased brand visibility through social media and peer-to-peer outreach.

Social Media Marketing Intern, Aashman Foundation

August 2021 - November 2021

- Managed and created engaging content for the foundation's social media platforms.
- Developed and implemented social media campaigns to increase outreach and community engagement.
- Analyzed performance metrics to refine strategies and improve impact.

Psychology Intern, Dr. Sheba Singh

October 2021

- Assisted in creating therapy-related content for digital platforms, focused on mental health awareness and therapeutic techniques.
- Gained hands-on exposure to psychological assessments and therapy planning in an online setting.
- Worked under the supervision of an experienced psychologist to enhance my understanding of psychological disorders and treatments.

Psychology Intern, Dr. Meena Mishra & Priyanka Pandey, BBRFI

Brain Behavior Research Foundation of India & Humana Rehabilitation Center

March - April 2024

- Participated in clinical sessions to observe therapeutic techniques and client interactions.
- Gained in-depth knowledge of psychological assessments and treatment plans for individuals with various mental health conditions.

Certificates

- **Article Writing Competition** | October 2021
- **Participation Certificate** in Psychology Education
- **30-Day Psychology Dose** by Counsel India | October 2023
- **Stress Management Workshop** by Counsel India | February 2024

Completed Professional Training in:

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behaviour Therapy (CBT)
- Parenting Skills
- Mood Disorders
- Child Psychology
- Counseling Psychology
- Sports Psychology
- Emotion-Focused Therapy
- Couple Counseling
- Inner Child Healing

LANGUAGES

- English
- Hindi

- Collaborated with senior therapists in rehabilitation activities aimed at improving clients' mental well-being.

Psychology Intern, Dr. Anu Goel, Parmanand Hospital, Civil Lines, Delhi

February - March 2023

- Assisted in conducting psychological assessments and formulating treatment strategies for patients in a hospital setting.
- Observed and supported senior psychologists in handling cases related to stress, anxiety, and trauma.

Advisor & Counsellor

All Ears App (Remote)

January 2025 – Present

- Conduct one-on-one virtual counselling sessions with individuals from diverse backgrounds, addressing issues such as stress, anxiety, and interpersonal challenges.
- Provide emotional support, psychoeducation, and evidence-based guidance in a confidential setting.
- Collaborate with the team to improve user experience and ensure ethical, client-centered practices.

SKILLS

Strong Communication Skills

Active Listening

High Empathy and Compassion

Strong Interpersonal Skills

Ethical and Professional Conduct

EDUCATION

Bachelor of Arts (Psychology) (2023)

Indraprastha College for Women, Delhi University | CGPA: 8.03

Diploma in Hypnotherapy (2024)

Completed under the guidance of Dr. Sanchi Arora.

Master's in Clinical Psychology (2023 - present)

Indira Gandhi National Open University (IGNOU)