

Nimisha Jain

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"And just like the moon, you shall go through phases.

Of light

Of dark

And of everything in between.

And through you may not always appear with the same brightness,

You are always, always whole".

-Mollie

As a mental health practitioner, passion for accessible, high quality mental health care has been an important theme in my journey of being a psychologist.

Over the last 10 years, I have worked with a diverse clientele and a range of mental health concerns from depression, anxiety, work stress, trauma, and abuse etc. I am dedicated to the philosophy of providing trauma-informed, gender affirmative care for my clients.

Compassion towards oneself, is rare to find and difficult to practise in this very fast paced life and world. I firmly believe that having a space where one feels safe, heard and seen can contribute greatly to building resilience, gaining insights into one's patterns and in turn the capacity to effectively manage external stressors and regulating emotions.

I am dedicated to upkeep my learning journey and continually upgrading my skill set with the latest advancements in mental health science. I employ an eclectic approach for aiding clients and is trained in ACT, CBT, Schema therapy, DBT, mindfulness practice and Gottman approach for couple's work.

I hold a master's degree in clinical psychology and a Diploma in Advanced Clinical Practise from The University of Delhi, India. I have many years of experience working in Singapore and Australia in a consultant capacity. I am a full member of the Singapore Psychological Society and an affiliate member of the American Psychological Association.

Self-care is an important part of my routine, and it can look like board games with my family, painting, reading, coffee on the balcony and nature walks!

I can speak English and Hindi fluently.

Work Experience:

Consultant counsellor with AWARE (Association of Women for Action and Research, Singapore)

June 2017-Present: Singapore

Working in a confidential setting providing support to clients in exploring feelings, anxieties and life events that impact their emotional well-being and capacity to function effectively. Empowering clients, using empirically supported therapeutic approaches, with skills and strategies to cope effectively with stressors arising from changing work and family dynamics.

Uprise Services Pty Ltd-EAP provider- Australia

Consultant: Remote- Present

Working in a confidential setting providing support to clients facing multiple issues at work or personal lives. Empowering clients to better cope with stressors to enhance efficiency and effectiveness.

Safe Space-Singapore

Consultant: Remote-Present

Safe space is a leading digital mental health ecosystem that provides easy access to mental health services via an online platform.

My work with Safe Space involves engaging with adults to create an environment that is judgment-free, open, and supportive. An ideal safe space that helps to bring about a positive change in our mental wellness.

Talk Your Heart Out (TYHO) -Singapore

Consultant: Remote-Present

At Talk Your Heart Out, we strive to connect you with great mental health professionals to ensure that you receive the support you need. They also undergo professional training and are aligned with TYHO values. These include being empathetic, non-judgmental, and sensitive to diverse backgrounds and viewpoints. We guarantee that our therapists provide their clients with the best care possible.

Experience: November 2012- March 2013: Mumbai

Freelancing with a reputed Mumbai based psychiatrist

Practicing psychologist, independently carrying out psychological assessments and counselling clients with a multitude of psychiatric issues.

October 2011- February 2013: Mumbai

Clinical/counselling psychologist for Masina Hospital

It is one of the largest psychiatric institutions in the country (India). Worked in close conjunction with a team of mental health care providers that consisted of Psychiatrists, Psychologists, social workers, and rehabilitation counsellors to create therapeutic plans.

- Independently managed the inpatient facility at the hospital, including counselling patients with diverse severe psychiatric problems, equipping families with greater awareness, and supporting them towards better care giving to prevent relapse.
- Counsel patients on a one-to-one basis, focusing on life skills and behaviour modification.
- Skilled in conducting in-take assessment, adept at writing reports and plans in relation to patient treatment.

Certified Courses, Professional Development:

- 2026: Attachment trauma treatment specialist training (ongoing)
- 2025: Internal Family Systems Trauma Treatment by Frank Anderson, MD
- 2024: Janina Fisher's Shame Certification Training: Transforming Trauma-Integrative Somatic, Sensorimotor, Mindfulness, & Neurobiological Strategies to Transform Self-Loathing
- 2024: Certified Narcissistic Abuse Treatment Clinician (NATC) Training with Dr. Ramani Durvasula
- 2024: Working with suicide essential suicide intervention and prevention strategies
- 2024: Psychoeducation and Narcissistic Abuse: Different Types – Different Experiences
- 2023: Dialectical Behaviour Therapy skills by Dr. Marsha Linehan
- 2023: Emotionally Focused Therapy Attachment science in practise by Dr. Sue Johnson
- 2022: ACT for loss and Grief by Dr. Russ Harris
- 2022: Trauma focused ACT by Dr. Russ Harris
- 2021: ACT by Dr. Russ Harris for mental health professionals
- 2021: level 2 training in Gottman method Couples Therapy
- 2020: Art Therapy for professional development by Academy of Human Development
- 2019: Schema Therapy level 1 by Dr. John Louis- Hope worldwide Singapore

MEMBERSHIPS

- Associate member Singapore Association of Counsellors (SAC)
- Full member Singapore Psychological Society (SPS)
- Affiliate member American Psychological Association (APA)
- Association of Women for Action and Research (AWARE)

Education

- **January 2018-June 2018 Post graduate diploma**
HR and Organizational psychology from SHRI, Singapore
- **September 2008 - January 2009: Diploma in Advanced Clinical**
Practice, Vidyasagar Institute of Mental Health, Neuro and Allied Sciences (VIMHANS, New Delhi). It is a multi-speciality institute. providing a wide range of facilities to patients from all over India and the neighbouring countries

- **2006-2008: University of Delhi (North Campus)**
Master's in psychology (1st division-64%) Specialization: Clinical Psychology
- **2003-2006: Lady Shri Ram College for Women, University of Delhi**
Bachelor's in psychology (1st division-72%- placed 7th in Delhi University
Specialization: Counselling Psychology
- **2003: Scindia Kanya Vidyalaya, Gwalior**
Humanities Stream