

NIRALI PINDORIA | CURRICULUM VITAE

A Trainee Counselling Psychologist and BACP Psychotherapist grounded in humanistic and relational practice, approaching clinical work with warmth, curiosity and reflective depth. Experienced in supporting individuals and couples across diverse and complex presentations, I work pluralistically to understand psychological difficulties and the relationships, identities and contexts that shape them. I value collaboration, compassion and meaningful, ethically grounded therapeutic change.

KEY SKILLS

Therapeutic Approaches: Person-Centred, Psychodynamic, Sex Therapy, CBT, ACT, CFT, Integrative Therapy.

Key Areas of Interest: Psychosexual therapy, Perinatal, Long-term Health Conditions, Transitions and Grief.

Clinical Expertise: Case management, risk assessment, crisis intervention, Supervision and Mentorship.

Research & Analysis: Academic research, qualitative and quantitative analysis.

Communication & Leadership: Workshop facilitation, public speaking, client advocacy.

Technical Skills: Microsoft Office Suite, SPSS, clinical documentation.

EMPLOYMENT

Trainee Counselling Psychologist - *NHS SLaM Psychosexual Service* | September 2025 – August 2026

- Providing one-to-one and couples therapy for those with psychosexual problems, trauma, anxiety, depression and/or gender identity issues in-person and online.
- Drawing on a range of modalities (CBT, Sex Therapy, Humanistic, and Psychodynamic) to provide holistic person-centred support.
- Supporting a diverse range of clients to connect to sexual pleasure, intimacy, purpose and meaning in their lives.
- Comprehensive assessments, skilled in clinical report writing, risk monitoring, routine measures, and using supervision to inform clinical decisions.

Teaching Assistant / Supervisor to Trainee Psychological Wellbeing Practitioners' - *City St George's University of London* | August 2025 – Present

- Providing one-to-one clinical supervision for trainees.
- Supporting the training and development for students on MSc Psychological Therapies

Trainee Counselling Psychologist - *Lapis (London Accessibility Psychotherapy & Inclusive Supervision)* | November 2024 – August 2025

- Therapeutic work with long-term health conditions, disabilities, neurodivergence and complex psychological needs for adults and children.
- Deliver integrative therapeutic interventions with a foundation in person-centred therapy.
- Conduct clinical assessments, case formulations, and ongoing risk evaluations.

Psychological Wellbeing Practitioner (PWP) - *NHS Barnet and Enfield Talking Therapies Service* | October 2022 – July 2024

- Worked within a high-volume primary-care Talking Therapies service, managing an autonomous caseload and meeting agreed activity and clinical performance targets.
- Used routine outcome measures at each clinical contact to monitor progress, risk and treatment outcomes.
- Delivered evidence-based, time-limited interventions for depression and anxiety through individual and group formats.
- Conducted comprehensive assessments, risk assessments and appropriate onward referrals.
- Liaised with GPs, secondary-care services and voluntary-sector organisations where appropriate.
- Led clinical skills training, outreach workshops, and supervised new trainees.
- Specialized in perinatal mental health, providing tailored interventions to those experiencing post-natal depression/anxiety.

Senior Support Worker

Mind in Mid Herts (MiMH) | December 2021 – September 2022

- Provided emotional support and facilitated group therapy sessions.

- Conducted mental health assessments and risk evaluations.
- Delivered psychoeducational workshops and creative therapeutic interventions.

VOLUNTEERING

Listening Volunteer & Mentor

Samaritans | September 2021 – Present

- Offer non-judgmental, confidential emotional support to individuals in crisis.
- Train and mentor new volunteers in active listening and crisis response.
- Implement safeguarding procedures for vulnerable callers.

Mentor Volunteer

GT Scholars | May 2021 – December 2021

- Provided one-to-one mentoring for young people (ages 11-16).
- Supported academic progress and emotional wellbeing.

Independent Living Volunteer

British Red Cross | May 2021 – November 2021

- Assisted patients discharged from Barnet Hospital with emotional and practical support.
- Facilitated independence and recovery through tailored interventions.

PROFESSIONAL REGISTRATIONS AND ACCREDITATIONS

British Psychological Society (BPS) | Graduate Member of the British Psychological Society:
532951

British Association of Counselling and Psychotherapy (BACP) | Registration No: 421521

EDUCATION

Professional Doctorate in Counselling Psychology

City, University of London | September 2024 – Present

Low-intensity Supervision Certificate

City, University of London | August 2025

Counselling Skills Certificate

City, University of London | April 2024

Post-Graduate Certificate in Low-Intensity Cognitive Behavioural Therapy (LICBT)

University College London (UCL) | Graduated September 2023

MSc Psychology (BPS Accredited) – Distinction

Regent's University London | Graduated October 2021

- Advisory Panel Member for MSc and BSc Psychology content
- Guest Speaker

BSc (Hons) Anthropology

University of Kent | Graduated July 2018