

MS. NITU TIWARY

Consultant - Clinical Psychology

Qualification

Masters in Clinical Psychology | M.phil in Clinical Psychology

Overview

Ms. Nitu Tiwary stands out as a distinguished Clinical Psychologist, with a robust 13+ year tenure in the realm of psychology and psychoanalysis. With an MPhil in Clinical Psychology, her expertise has been honed across prestigious clinics and hospitals. Currently, she renders her services as a Consultant - Clinical Psychologist at Manipal Hospital Whitefield, Bangalore. She is the foremost Clinical Psychologist in Bangalore. She began her academic journey with a Bachelor’s degree from Gokhale Memorial Girls College in 2006, followed by a Master’s degree in Psychology from the University of Calcutta, achieved in 2008. A pivotal year in her career, 2010 saw her join the Rehabilitation Council of India and complete her MPhil, equipping her with the clinical acumen to address depression, anxiety, and a spectrum of mental disorders. Ms. Nitu Tiwary’s clinical prowess extends to a variety of assessments, including intelligence, personality, psychological disorders, neurodevelopmental issues, and childhood disorders. Her expertise in Cognitive Behavioral Therapy is particularly noteworthy, providing effective treatment for anxiety, depression, and other severe mental health conditions. Her insights have graced the

IRACON National Conference on Rheumatology as a speaker for three consecutive years. A member of the Indian Psychoanalytic Society, she has adeptly guided patients through uncovering unconscious feelings, identifying negative patterns, enhancing critical thinking, treating behavioural and emotional conditions, and applying evidence-based therapies such as cognitive-behavioural therapy. Her proficiency in Geriatric Healthcare underscores her versatility, in offering specialized therapy to the elderly. As a valued member of the Indian Association of Clinical Psychology, she excels in psychotherapy, personality assessment, and psychodiagnostics. Her academic excellence was recognized with a Gold Medal during her Master's program in 2008.

Fellowship & Membership

- Indian Association of Clinical Psychology.
- Indian Psychoanalytic Society.
- Speaker for National Conference of Rheumatology (IRACON) 2016,2017,2018.

Field of Expertise

- Psychodiagnostics
- Psychotherapy
- Developmental and Intelligence Tests
- Neurodevelopmental and Childhood disorder Assessments
- Personality Assessments
- Neuropsychological Assessments
- Career Decision Making Assessments
- Assessments for Specific Psychological Disorders

Languages Spoken

- English
- Hindi
- Bangla

Awards & Achievements

- Gold Medalist from Calcutta University (Masters)