**CURRICULUM VITAE**

**Nishita P. Raut, M.Ed, LPC-A**

Doctoral Student

University of North Texas

College of Education

Counseling & Higher Education

Denton, TX 76201

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**EDUCATION**

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| **Doctor of Philosophy (Ph.D.) Anticipated**  *Counselor Education & Supervision*  University of North Texas  Denton, TX | August 2022 - Present | |
| **Master of Education (M.Ed.)** | GPA: 4/4  *Clinical Mental Health Counseling*  Auburn University, College of Education |  | August 2019 |
| **Post Graduate Diploma |** Overall GPA: 8.42/10  *Early Childhood Care and Education (ECE)*  S.N.D.T University, Nanavati College  Mumbai, India |  | June 2017 |
| **Bachelor of Arts (B.A.)** | Overall GPA: 6.11/7  *Psychology*  University of Mumbai,  Mithibai College Mumbai, India |  | June 2016 |

**PROFESSIONAL QUALIFICATIONS**

Licensed Professional Counselor Associate (LPC-A) August 2022  
Under the Supervision of Dee. C. Ray, Ph.D., LPC-S, NCC, RPT-S

Nationally Certified Counselor (NCC)

National Board for Certified Counselors January 2020

**CLINICAL AND PROFESSIONAL EXPERIENCE**

**Licensed Professional Counselor Associate** August 2022 - Present

Child and Family Resource Clinic, University of North Texas, Denton, TX

* Provide mental health counseling services for individuals and group across the lifespan.
* Provide parent consultation and parenting services.
* Administer, score, and interpret assessments to track client progress including ASR, PSI, and CBCL.
* Engage in weekly triadic supervision as well as group supervision.
* Create treatment plans, goals, and complete session notesn through meticulous documentation.

**Mental Health Therapist** April 2021 – August 2022

Worry Burry, Mumbai, India

* Started this company in as an effort to **spread awareness among the Indian population** regarding mental health issues and to provide mental health services
* Provided services to individuals ranging from 20-30 years of age who are struggling to cope with the **impacts of the pandemic**
* Created documents and forms for the company and built the basis of private practice.
* Provided **individual sessions** via **Telehealth** and services such as intakes, mental health assessments and diagnosis
* Created **content for social media** to reach as many people as possible. More information on Instagram @Worry\_burry

**Clinician II** March 2020 – Oct 2020

Bill Wilson Center, San Jose, CA

* Worked with transitional age youth within the Santa Clara counties’ TAY- Program.
* Conducted **individual sessions** via **Telehealth** and provided services such as intakes, mental health assessments and diagnosis, on call and daytime crisis prevention.
* **Collaborated care** with Psychiatrist, Case Managers and Rehabilitation Specialist.
* Worked with **Medical Billing System,** completed **Initial Mental Health Assessments**, **treatment plans** as well as **CANS Assessment**.
* Utilized **collaborative documentation** with the use of AWARDS software for digital note keeping.

**Staff Counselor** Nov 2019 – Feb 2020

California College of the Arts, San Francisco, CA

* Developed various outreach programs to lower stress and anxiety within the creative student population and maintain a healthy campus climate

**Counseling Intern** May 2019 – Jul 2019

East Alabama Medical Centre, Opelika, AL

* Experience in working 135 face-to-face hours with patients ranging in ages 14-65, with a spectrum of diagnoses ranging from Mood Disorders to Schizophrenia
* Provided direct services to clients and managed caseload including intakes, **crisis prevention**, **mental health**, **substance use** and **dual diagnosis** counseling through individual, family and group sessions and crisis interventions for clients belonging to **low socioeconomic backgrounds and culturally marginalized groups**.
* Completed required documentation efficiently and on-time including Mental Health Treatment plans, and progress notes, develop treatment plans to set **relapse prevention**, mental health-related, personal, professional and relationship goals that clients wish to achieve through therapy.
* Contributed to daily treatment team staffing collaborating with colleagues to ensure strongest treatment plan for each patient and engage in **Clinical Discharge Planning**
* Led daily groups implementing behavior management systems and consistently adhering to code of ethics mental health laws and regulations

**Counseling Intern** Aug 2018 – Apr 2019

Counseling & Health Promotion Services, Montgomery, AL

* Provided 145 hours of individual and group therapy as well as case management, crisis intervention, outreach and psychoeducation, consultation, and career counseling services to Auburn University at Montgomery students
* Collaborated with other professionals through referrals for at risk students when appropriate
* Provided group counseling focused on developing skills to manage symptoms of anxiety and depression and on learning mindfulness techniques as well as psychoeducation group on elevating self-esteem
* Maintained client files, charts, and other confidential information with thorough consideration of ethics
* Developed various outreach programs to lower stress and anxiety within the student population and maintain a healthy campus climate
* Worked with LGBTQ+ population and provided with appropriate referrals

**Counseling Tutor** Aug 2018 - Dec 2018

Auburn University, Auburn, AL

* Guided students in the field of Diverse Populations. Assisting students in realizing their full potential has taught me how to communicate effectively to others as well as facilitate clear understandings that allow them to succeed.

**Teaching Intern** Oct 2016 - Feb 2017

St. Johns Universal School | Mumbai, India

* Observed the classroom environment in the pre-school setting and developed competencies to work with children in the age group 3-5 years.
* Catered to the needs of each student in the classroom varying in their developmental stage and learning abilities with the use of teaching aids and play in learning

**TEACHING EXPERIENCE**

**Teaching Assistant**

University of North Texas Counseling Program  
Department of Counseling and High Education (CACREP-accredited)

**COUN 5660: Diagnosis and Treatment Planning in Counseling** Fall 2023

* Conducted lecture on the topic of anxiety disorder and personality disorder
* Provided lecture on treatment planning
* Assisted in creating rubric and grading assignments

**COUN 5730: Developmental Processes and Strategies** Summer 2022

* Conducted lecture on the topic of trauma
* Assisted in creating rubric and grading assignments

**COUN 5730: Appraisal in Adult Counseling** Fall 2022 & Spring 2022

* Provided assessments to the students and guided students in the use of various adult assessments.
* Assisted professor through grading reflections for each of the assessments

**SUPERVISION EXPERIENCE**

**Clinical Supervisor**

University of North Texas Counseling Program  
Department of Counseling and High Education (CACREP-accredited)

**COUN 5690: Practicum** Spring 2024- Current

* Provider of weekly, semester long triadic supervision for master’s level students (n=5) in practicum.
* Oversee counseling work with clients and documentation requirements
* Provider of written feedback on client notes, treatment plans, treatment summaries, and client files.
* Received weekly supervision of supervision

**COUN 5660: Advanced Skills** Fall 2023

* Provided 10 group supervision sessions to master’s level counseling students (n =7).
* Consulted with primary instructor on student’s progress in the course
* Received weekly supervision of supervision

**COUN 5660: Advanced Skills** Spring 2023

* Provided 10 group supervision sessions to master’s level counseling students (n =1).\
* Received weekly supervision of supervision

**COUN 5680: Essential Skills** Fall 2022

* Provided weekly group supervision to master’s level essential skill students (n = 7) as well as individual supervision on an as needed basis throughout the semester
* Provided written feedback on client sessions as well as provided developmental opportunities for essential counseling skills.
* Provided feedback on written feedback on counseling skills.
* Received weekly supervision of supervision

**PROFESSIONAL TRAININGS**

**CITI Training** 2024

* Gained knowledge about ethics in research work.

**CANS Certification** 2020

* Completed Santa Clara counties CANS certification.

**BRACE Grant Training with Auburn University** 2019

* Developed competencies in trauma informed care, evidence-based treatment, and integrative care

**Understanding Clinical Fear, and using CBT to work with Suicidal Clients** 2018

* Trained in working with clients presenting with suicidal ideation

**Self-Awareness, (The art of enriching oneself)** 2016

* Learned organizational skills

**Swashodh,** 2016

* Trained to perform REBT interventions

**Emotional Intelligence Role in Human Life** 2015

* Developed an understanding of the importance of emotional intelligence and its impact on daily living

**Childhood Psychology and Management Techniques** 2013

* Developed competencies for early identification of mental disorders, treatment plans and strategies to develop healthy home environment for children.

**ADVOCACY**

**Chi Sigma Iota** 2018 -2019 & 2022 - Current

* Served in the Advocacy and Wellness Committee of the Iota Delta Sigma chapter.
* Provided knowledge and generated awareness about the counseling field as well as mentored the new counseling students.

**Indian Student Association, Auburn University**  2017-2018

* As the Executive of Cultural Affairs organized and promoted various cultural events on campus to create an opportunity for the Indian students to express festivities and culture

**Mental First Aid** 2016

* Created awareness about counseling and psychotherapy through various campaigns and workshops

**Brezee Academy** 2015

* As a trainer I worked with children (ages 5-12 years) in developing self-confidence with techniques such as dancing, playing, memory games, exercises, and mindfulness

**Joy of giving** 2015

* Organized a camp to collect donations in the form of clothes, stationary and other objects from college students which were donated to orphanages

**Career guidance** 2015

* Imparted knowledge about specific profession and steps to follow