

Nichole Nahal Hydaryacil, PsyD

Cypress, CA | Email: Drhydaryacil@gmail.com | Phone: 714-721-7110

PROFILE

Client-focused mental health therapist with 11 years of experience in family and marriage therapy. Detailed-orientated and highly accomplished in working with patients from a wide range of backgrounds and concerns. Successfully work with individuals, couples, and families. Fluent in Farsi.

LICENSE

Marriage and Family Therapist, IMF 108460

EXPERIENCE

Clinical Supervisor, Marriage and Family Therapy Program at Daybreak University/ 2022 fall - Present

Therapist, Private Practice, *Irvine, CA* | 2011-Current

- Independently growing private practice with xxx clients.
- Performing client assessments and treatment plans. Creating goal-orientated psychoeducational activities.
- Documenting client progress. Upholding all ethical and confidential standards.

Domestic Violence- Therapist, Helpline Youth Counseling, *Norwalk, CA*/ 2011-2014

- Domestic Violence certified.
- Assisted in increasing DV awareness and decreasing symptoms.
- Worked with co-occurring disorder including depression, bipolar, and schizophrenia.

Intern-Therapist, Phoenix House, *Santa Ana, CA* | 2010-2011

- Provided therapy to individuals with substance abuse.
- Assisting adults with creating goals that will assist them with maintaining their sobriety.
- Worked with co-occurring disorders including depression, bipolar, schizophrenia, and eating disorders.
- Encourage patients to discuss experiences in group and individual settings.
- Created unique activities and integrated them into weekly group therapy sessions.

EDUCATION

PsyD in Marriage and Family Therapy, Alliant International University | 2014
Dissertation Complete: 2014

Master's in Science in Counseling Psychology, National University | 2009

Bachelor's in Science in Psychology, Cal State University, Long Beach | 2009