

# RESUME

## MIDHUN T.M

Thekkumpurath House  
 Kalluvazhi(Po)  
 Thiruvazhiyode(Via)  
 Palakkad-679514  
 Kerala(state)  
 India  
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### OBJECTIVE

To apply my skills in diagnosing, handling, counseling and providing support to patients who are going through emotional, interpersonal, and psychological crisis.

### EDUCATIONAL QUALIFICATIONS

Graduation/ Degree	Institution/Board/University	Year
Certificate In Management Of Learning Disability(CMLD)	SRC Community College Government Of Kerala	2018
M.Sc Applied Psychology (Distance Learning)	Bharathiyar University Coimbatore, Tamil Nadu	2017
Master Of Social Work(MSW) (Medical And Psychiatry)	Nehru Arts And Science College Coimbatore, Tamil Nadu	2013
BACHELOR OF COMPUTER APPLICATION(BCA)	SNDP YSS College Perinthalmanna, Malappuram(Dist) Kerala (Calicut University)	2011
XII	Kendriya Vidyalaya Pallipuram Trivandrum, Kerala (CBSE)	2007
X	Kendriya Vidyalaya Pallipuram Trivandrum, Kerala (CBSE)	2005

**INTERNSHIP**

- 1 . National Institute Of Mental Health And Neuro Sciences (NIMHANS),Bangalore
- 2 . Dr.Salim's Centre For Neuro Psychiatry,Perinthalmanna,Malappuram(Dist), Kerala
3. Ninan's Mental Health Centre, Palakkad,Kerala
4. Devashrayam Charitable Society,Palakkad,Kerala

**WORKSHOP**

Basic Workshop On Thereupitic Hypnosis (Prathyasha counselling Center,Thrissur)

**NATIONAL CONFERENCE**

National Conference On" Professional Counseling"( GRD School Of Social Work)

**ORIENTATION TRAINING**

1. Mukthi De-Addiction And Family Counseling Centre,Wayanad,Kerala
2. Ashrayam Rural Development Society,Kollengod,Kerala

**THESIS**

A Study On Prevalence Of Obsessive Compulsive Disorder And Associated Depression Among Younger Adults

**POST QUALIFICATION EXPERIENCE**

- **Name Of The Institution** :Govt Community Health Centre, Kadampazhipuram,Palakkad(Dist),Kerala

**Period:** 4 and Half Month

**Designation** : Public Relation Officer Cum Liason Officer

**Responsibility Held:**

- ❖ Coordinate all NRHM Programmes and activities at the block levels
- ❖ Assist the Medical Officers of all health institutions in their area in preparation of Ward Health Plan and Block Health Action Plan and

implementation of NRHM

- ❖ Monitoring the activities of contractual JPHN and ASHA are to be monitored regularly using prescribed formats and also assist in the activities of Accountant in Health institutions so that the Accounts are maintained properly and fund is utilized judiciously and in time
- ❖ Keep track of funds received for NRHM from District to various health institutions/Wards etc. Under their jurisdiction. Follow up with these institutions for expending utilization of funds. Collect monthly SOE.

➤ **Name Of The Institution :** Government District Hospital, Palakkad, Kerala

**Period:** 1 year

**Designation :** Counselor

**Responsibility Held:**

- ❖ Assisting the Patients in registration and refer others to the nearest ICTC for Confirming HIV status.
- ❖ Referral and Linkages with other community based organizations, rehabilitation centers and various support groups.
- ❖ Provide emotional, social and Psychological support to patients /direct them to the concerned person.
- ❖ Assessing mental status of the patients and to counsel them to ensure they are not depressed and have no tendency for deliberate self harm.
- ❖ Giving psychotherapies and other relaxation therapies to reduce the stress of the patients.
- ❖ Counseling the patients on positive living, giving hope and motivating them to improve their social functioning
- ❖ Updating the registers and records.

- **Name Of The Institution** :Jubilee Mission Medical College Hospital,Thrissur, Kerala

**Period:** 1 year

**Designation:** Patient Relations Coordinator

**Responsibility Held:**

- ❖ Daily rounds in the wards and meeting every patients to establish rapport.
- ❖ Coordinate with doctors ,nurses and security staff on arrival of patient/casualty and make sure that there is no undue delay for doctors to initiate care to the patients.
- ❖ Facilitate communication between the patient families and the health care team.
- ❖ Carrying out all admission activities including centralized room/ward/ICU allocation and making admission process more comfortable.
- ❖ Collecting Feedback from the patients and reporting to the higher authorities.
- ❖ Performing day to day administrative activities.
- ❖ Resolving conflicts and handling complaints.

- **Name Of The Institution** :Ahalia Diabetes Hospital Palakkad,Kerala

**Period:** 15-Jun-2017 to Present

**Designation:** Counselor

**Responsibility Held:**

- ❖ Daily Rounds in wards and providing psychological support to the patients and their family members.
- ❖ Psychological assessment of patients and diagnosing mental,behavioral and emotional disorders.
- ❖ Providing Cognitive Behavior Therapy and other interventions for patients who has been diagnosed with psychiatric disorders.
- ❖ Providing Counseling for HIV patients.

- ❖ Referral services to a Psychiatrists,Clinical psychologists, Learning Disability Therapist etc.. if necessary.
- ❖ Retina Counseling.
- ❖ Pre and Post surgery counseling.
- ❖ Performing day to day administrative activities.
- ❖ Receiving Patient feedback and reporting to the management.
- ❖ Resolving conflicts and handling complaints.

### **PERSONAL PROFILE**

Name : MIDHUN T.M

Date of Birth : 12-07-1989

Age : 29 Years

Sex : Male

  

Nationality : Indian

Address for Communication : Thekkumpurath House  
Kalluvazhi(Po)  
Thiruvazhiyode(Via)  
Palakkad-679514  
Kerala(state)  
India

Language known : English, Hindi and Malayalam

### **DECLARATION**

I hereby declare that all the details furnished above are true to the best of my knowledge.

Place: Palakkad

Yours faithfully

Date:

**MIDHUN T M**