

CURRICULUM VITAE

SNEHA SEBASTIAN

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Personal Details

- Date of birth : 25-01-1995
- Sex : Female
- Fathers name : M.T. Sebastian
- Driving license : Indian Driving License (4 & 2 Wheeler)
- Passport : J3750336
- Languages known : English, Malayalam, Kannada, Tamil

Academic Qualification

QUALIFICATION	INSTITUTION	YEAR	MARK
M.Phil Clinical Psychology	INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES (IMHANS), KOZHIKODE	2019-21	73% (First Year)
KERALA UNIVERSITY OF HEALTH SCIENCES (KUHS)			
M.Sc Clinical Psychology	ST. AGNES CENTRE FOR POSTGRADUATE STUDIES AND RESEARCH, MANGALORE	2015-17	74.2% First Class
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, BANGALORE			
B.Sc Psychology	PRAJYOTI NIKETAN COLLEGE, PUDUKAD	2012-15	3.76 (CGPA) Grade: A
CALICUT UNIVERSITY, KERALA			

Research & Related Works

- Completed dissertation on ‘Home-Based Cognitive Retraining in Pediatric OCD’ during 2020-21.
- Presented paper at International Training Conference in Brief Psychotherapies (ITCBP 2019) titled ‘An update on the current status of the Dodo-Bird Verdict: the common factors in psychotherapy’
- Presented a paper titled ‘Impact of Hardiness on Prosocial Behaviour Among Mental Health Professionals’, at a National Seminar organized by the Department of Psychology – University of Kerala, in Association with The Kerala Manasastra Parishad, March, 2017

- Conducted a study on the topic ‘Occupational Hardiness as a predictor of Prosocial Behaviour among Mental Health Professionals’ (2016-2017)
- Conducted a study on the topic ‘Body Image & Quality of life among young adults in the urban cities of Kerala’ 2015.

Additional Academic Works

- Three-day Workshop on Egans’ Model for Counselling, November 2015 and 2016
- Online Test Construction Workshop by Ms. Disha Mallya, February 2016
- Attended CME on ‘Adolescent Health and related issues’, organized at A.J. Institute of Medical Sciences and Research Centre, Mangalore – November, 2016
- Counselling and Psychotherapy Workshop conducted by Fr. Staney CSSR, (2016-17)
- Attended a ‘Basic Level Workshop on Exner’s Comprehensive System’ Organized at Manipal University, August 2016
- Workshop on Counselling Skills for Working with Children, Adults and Families, organized by NIMHANS Centre for Wellbeing, Bengaluru – February, 2017
- International Training Conference in Brief Psychotherapies (ITCBP), December 2019
- Multi-Disciplinary National Conference on Disability & Rehabilitation workshop on the theme, Clinical Practice, Research and Policy in Neurodevelopmental Disorders: An Update by Dr. Jamuna R, February 2020
- Intensive Course on Solution Focused Approach; Skills, Tools & Methods for Practitioners, by Dr. Jaseem Koorankot, June & July 2020
- Solution Focused Therapy; Case Conference by Dr. A. Biba Rebolji and Arnoud Huibers, July 2020
- International Conference on Solution Focused Practices (ICSFP), December 2020

Other Activities

- Taken up Basic Psychology classes for BPT Students, Srinivas College, Mangalore, Karnataka, India
- Resource person at Family Meet in Joannes Psycho-Medical Centre, Ayroorpadam, Kerala, regarding the World Health Day Theme: ‘Depression, Let’s Talk.’ on 9th April, 2017
- Resource person at the Nirbhaya Police Training Camp, for a session on ‘Stress Management.’ – Kerala Police Camp in Ernakulam, India, March 2017
- Provided Tele-counselling service during the COVID-Lockdown 2020-21
- Psychosocial intervention provided for 2020 Karipur Air Crash Survivors and families

Additional Achievements

- Cleared National Eligibility for Teaching (NET) – UGC, July 2016
- Qualified Junior Research Fellowship (JRF), July 2016
- Completed a 90hrs Certificate Course in Special Education (Learning Disabilities) at Santhwana Institute of Counselling and Psychotherapy, 2015
- Completed course titled, ‘Addicted Brain’, by Emroy University, through Coursera.

Work Experience

Institute	Post Held	Duration
Santhwana Institute of Counselling and Psychotherapy, Kerala, India	Remedial Trainer	01/05/2015 to 30/06/2015
	Counsellor	18/05/2015 to 30/06/2015
Jubilee Mission Medical College & Research Institute, Thrissur, Kerala, India	Internee	13/07/2015 to 12/08/2015
Dr. A. V. Baliga Memorial Hospital, Udupi, Karnataka, India	Clinical Psychiatric Internee	01/10/2015 to 31/10/2015
All India Institute of Speech and Hearing, Mysore, Karnataka, India	Internee training (Department of Clinical Psychology)	01/04/2016 to 29/04/2016
K. S. Hegde Hospital, Derlakatte, Karnataka, India	Internee- Department of Psychiatry	01/12/2015 to 30/08/2016
St. Jude Family Counselling Centre, Aided by Central Social Welfare Board- Government of India, Kerala, India	Internee	05/04/2017 to 06/04/2017
Anirvedha, Resource Centre for Children, Mangalore, Karnataka, India	Trainee	January, 2017 to August, 2017
Link Integrated Deaddiction and Rehabilitation Centre, Mangalore, Karnataka, India	Trainee	May, 2017 to July, 2017
Wenlock District Hospital, Mangalore District- Karnataka, India	Observer in the DEIC	March, 2017
Institute for Communicative and Cognitive Neurosciences (ICCONS), Trivandrum- Kerala	Junior Research Fellow in Project Sanctioned by The Department of Science & Technology (Cognitive Science Research Initiative) – Government of India	June, 2018 to June, 2019

Declaration

I hereby declare that all the statement made in the Curriculum Vitae are true and correct to the best of my knowledge.



Place : Kerala, India

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