



**Soneymol George ( Sr. Annie Maria CMC)**

**Clinical Psychologist**

**[anniemariacmc@gmail.com](mailto:anniemariacmc@gmail.com), Contact # 8304991704**

## PERSONAL DETAILS

**DOB:** 30/09/1980

**Religious Final Profession:**

22/04/2006

A **catholic religious nun**

belonging to **Congregation of the Mother of Carmel (CMC)**, Amala Province, Kanjirappally.

## OBJECTIVES

Use my knowledge and professional skills in Clinical Psychology for the enhancement of quality of life of individuals in need of mental health care services; obtain new skills and knowledge pertaining to the growth of my professional career having been in association with other mental health professionals in a hospital environment.

## EDUCATION

- ❖ **MPhil- Clinical Psychology** • Amity University Uttar Pradesh, Lucknow- Campus. 2019-2021.
- ❖ **PhD- Clinical Psychology** • University of Santo Tomas, Manila, Philippines. 2014- 2018.
- ❖ **MSc- Clinical Psychology**. Calicut University. 2009- 2011.
- ❖ **Bachelor of Human Resource Development**. Manglore University. 2002- 2005.

## AWARDS AND HONOURS

- ✚ **Nadeem Azam Memorial Award for Emerging Researcher** for the paper presented in 3<sup>rd</sup> International Conference organized by Indian Mental Health & Research Centre and Shia P.G. College on 30-31 October 2021.
- ✚ **Topper of the M.Phil. Clinical Psychology final exam** at Amity University- Lucknow Campus, 2020- 2021
- ✚ **Silver Medal (Magna Cum Laude) for PhD in Clinical Psychology** from University of Santo Thomas Philippines in June 2018.

## SKILLS

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### Soft Skills

- Interpersonal skill
- communication skill
- Observation
- listening skill
- Leadership
- Creativity
- Hard Work
- Teamwork
- Research

### Hard Skills

- Micro Soft Word
- Micro Soft Power Point
- Micro Soft Excel
- Statistical Packages for Social Sciences (SPSS)

## CLINICAL PRACTICES

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- ✚ Nirvan Psychiatric and De-addiction Centre, Lucknow: 8 months Training in 2020- 21
- ✚ DOSTI Child Care Centre, Lucknow: 2 months Training on assessment in 2020
- ✚ ASMITA Child Centre, Lucknow: 2 months Training on assessment in 2019
- ✚ Nurmanzil Psychiatric Hospital, Lucknow: 6 months Clinical Training in 2019
- ✚ Bishop Vayalil Hospital, Moolamattam: 500 hours Clinical Practice in 2017
- ✚ Kusumagiri Psychiatric Hospital, Kakkanadu: 4 months Internship in 2011

## PROFESSIONAL EXPERIENCES

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- ✓ **Psychologist.** Marian Counselling Centre, Kanjirappally. 2022.
- ✓ **Visiting Professor.** MA- Clinical Psychology, Dhanahalaya, Punnpra. 2018-19.
- ✓ **Course Coordinator.** Diploma in Counselling Psychology, Diocese of Kanjirappally. 2012- 13.
- ✓ **Course Coordinator.** Marian Counselling Centre, Kanjirappally. 2008-09.

## OTHER EXPERIENCES

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Conducted **Group and Individual Psychotherapy** for the various groups in Kerala, Madhya Pradesh and Uttar Pradesh.

## CONTACT

## INFORMATION

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CMC Amala Provincial  
House, Podimattam,  
Parathodu P.O.,  
Kottayam Dist., Kerala.  
Pin- 686512



[anniemariacmc@gmail.com](mailto:anniemariacmc@gmail.com)



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## TRAINING AND WORKSHOPS ATTENDED

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- **Eye Movement Desensitization and Reprocessing-** Level 1 & 2.  
By Dr. Lulu Medina, Manila, Philippines
- **Healing the Eight stages of Life.** By Dr. Alegria A. Javier-obien,  
Philippines
- **Trauma Focused Therapy.** By Dr. Johny Decatoria
- **Neurofeedback.** NIMHANS, Bangalore.
- **1 Year Diploma in Counselling and Formative Spirituality-**  
DANAHALAYA, Punnapra.

## PAPER PRESENTATION

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Presented paper on “*Stress, Anxiety and Perceived Social Support among Hemodialysis Patients with Chronic Kidney Disease*” in 3<sup>rd</sup> International Conference organized by Indian Mental Health & Research Centre and Shia P.G. College on 30 October 2021.

## PUBLICATIONS

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- ❖ **Holistic Quality of Life Intervention for Women having Bipolar II Disorder: A Pilot Study.** Indian Journal of Positive Psychology, 2017, 8(4).
- ❖ **Efficacy of Holistic Quality of Life Intervention for Women having Bipolar Disorder: A Randomized Controlled Trail.** Indian Journal of Health and Well-Being, 2018, 9(3).

## **CONTACT REFERENCES**

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1. **Sr. Sally CMC**, Provincial Superior, CMC Amala Province Kanjirappally. **Mob # 9656867749 & 8281857366**
2. **Sr. Regina Mary CMC**, Director, Marian Counselling Centre, Kanjirappally. **Mob # 9961398134**
3. **Dr. S.Z.H. Zaidi, HOD**, Department of Clinical Psychology, Amity University-Lucknow Campus. **Mob # 7080105454**

## **DECLARATION**

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I, Soneymol George , hereby declare that the information contained herein is true and correct to the best of my knowledge and belief.



Soneymol George  
**(Sr. Annie Maria CMC)**