



# Aparna k.s

Psychologist, Lactation professional

I am working as a consultant psychologist for the past 5 years and last 8 months I am doing lactation consultation, childbirth education, and recently certified as an international infant massage instructor

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📍 Kollam parambil house, patteripuram, Aluva, Ernakulam, India

## WORK EXPERIENCE

### Psychologist Private practice

02/2018 - Present

Ernakulam

#### Achievements/Tasks

- Counseling for parents, Testing and Training for intellectually disabled children, lactation counseling etc

### Lactation professional Private practice

02/2022 - Present

#### Achievements/Tasks

- Taking classes for pregnant ladies and doing online consultations and home visits for mothers in need.

### Childbirth educator Private practice

04/2022 - Present

#### Achievements/Tasks

- Taking online classes in the topics of prepregnancy, early pregnancy, labor management, and newborn care. and also giving individual counseling for those who want individual sessions

### Infant massage instructor Private practice

09/2022 - Present

#### Achievements/Tasks

- Give training for parents in infant massage. how to massage, how it increases intimacy how it decreases the risk of postpartum depression, and all.

## CERTIFICATES

### Lactation Counselor (02/2022 - Present)

ADVANCED CERTIFICATION IN LACTATION PROFESIONAL FROM BEGIN ED INDIA

### Childbirth Educator (04/2022 - Present)

Certified childbirth educator course from CAPPA India

### Infant massage instructor (09/2022 - Present)

International certified infant massage instructor from IAIM

### Maternal, infant, young child and adolescent nutrition (01/2022 - Present)

MIYCAN certificate awarded by the Indian institute of public health

## PERSONAL PROJECTS

" Contribution of self esteem and locus of control towards life satisfaction among female sex workers" (12/2015 - 05/2016)

Effect of antenatal clases on postpartum depression and breastfeeding (10/2021 - 03/2022)

Parental attitude of mothers of intellectually disabled children" (2013 - 2014)

## ORGANIZATIONS

Ephphatha speech and hearing center (10/2017 - 12/2018)

Psychologist

General hospital Ernakulam (12/2015 - 01/2016)

Internship trainee

## INTERESTS

Music

Yoga

Reading

## ACHIEVEMENTS

Done internship at Santhula trust hospital

Member of pain and palliative care

Attended workshop on "Hypnotherapy foundation and strategies"

Field visit at Apollo tyres

Took classes on psychological evaluation of various aspects and issues of youth

## EDUCATION

### **Msc Applied Psychology**

Pondicherry University

05/2014 - 06/2016

88%

### **BA Psychology**

Union Christian College, Aluva

07/2011 - 05/2014

80%

### **Higher Secondary (BIO MATHS)**

Govt. Boys HSS Aluva

07/2009 - 03/2011

80%

### **SSLC**

ST. Francis GHSS Aluva

05/2008 - 03/2009

80%

## ACHIEVEMENTS

Coordinated and participated in an International seminar on "Psychology: Indian perspective"

Participated in an interdisciplinary research fair held at St. Theresa college.

## SKILLS

Counseling

Teaching

Listening

Psychotherapy

Communication skills

Public speaking

Research

## LANGUAGES

English

*Full Professional Proficiency*

Malayalam

*Native or Bilingual Proficiency*

Tamil

*Limited Working Proficiency*

## REFERENCES

Vishnu Digambar

*"Clinical psychologist"*

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