

AKHILA V CHANDRAN



CONTACT

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PERSONAL DETAILS

- Date of Birth : 07/04/1999
- Marital Status : Married
- Nationality : Indian

SKILLS

- Active listener Communication Empathetic
- Understanding Non judgemental Optimistic
- Presentation Teamwork Leadership quality
- Adequate usage of counselling skills

INTERESTS

- Interested in connecting with children, adolescents and early adults •Conducting workshops and seminars
- Dance • Cooking • Playing with pets • Editing • Interior decor
- Basketball • Track Events • Listening to music • Nature

LANGUAGES

English Malayalam Tamil Hindi

OBJECTIVE

I am a post graduate of Masters in the field of Counselling Psychology. As a counselling psychologist graduate, I pledge to provide aid in the field of mental health service to the one's who seek help and are in need. I am seeking a role which allows me to apply my learned counselling skills, techniques and knowledge into practice and continue learning as well as explore my field of study and I can assure that I am a dedicated learner, teamworker, and would encourage myself as well as my co-members to gain more insight and flourish in this field as a good counselling psychologist. Also I can assure that I am not an adviser to my clients rather I shall travel along with my clients to aid the client to explore the solution to their dilemmas and problems.

EXPERIENCE

March 2022 - April 2022

Psychology Intern

Mind and Brain Hospital

This fieldwork was done as part of the fourth semester post graduation programme. Case history taking was done by the interns. RTMS was administered by the interns to the respective patients. Observation of special education classes given to special children. Observation and administration of JPMR. Did group therapies for the inpatients.

January 2022 - February 2022

Counselling Psychologist Intern

Santhwana Institute of Counselling and Psychotherapy

One month internship was done under the guidance of Rev. Dr. Varghese Pudussery, managing director of Santhwana Institute of Counselling and Psychotherapy. Group sessions were conducted, one on one individual sessions with the clients, conducted a seminar on counselling skills, discussing the case with the in-house counselor regarding the same cases which all the interns have attended to come to a conclusion after series of sessions.

*September
2021 -
November
2021*

Trainee Counselling Psychologist

Cherith Brook Counselling Centre

This fieldwork experience was during the third semester of Post graduation. The consolidated works are listed below, one on one counselling on peer interns.

Observation of counselling sessions followed by group discussions, case history taking, sessions on CBT, Thought diary, Thought stop, NLP, Role play, Empty Chair technique. Practiced and learned few relaxation techniques. Also was able to attend a workshop organized by Cherith Brook on Crystal Healing.

*June
2021 -
January
2022*

Intern

Talkipy

Talkipy is an easily accessible peer support online free platform designed for all age group where anyone can access a space to either vent out their feelings, seek help emotionally, seek advice and guidance, find someone who would listen to you without being judgemental and it will all happening anonymously.

I have my work time scheduled for 1hr a day(5pm to 6pm) but its flexible can go beyond that too. The practice over here actually did made me understand the practical difficulty of establishing rapport and maintaing trust and gave me lots of insight into how to do that with ease.

*March
2021 -
March
2021*

Trainee Psychologist

Karnataka Rehabilitation Centre, Bengaluru, Karnataka

Its a centre for those who are addicted with certain substances as well as for those who need a place to stay and heal. There are about 10 inmates

- Case history was taken
- Individual sessions were conducted
- Activities were carried out on a group and individual basis

May
2019 -
June
2019

Clinical Psychology Intern

Holy Spirit Hospital, Mumbai, Maharashtra
It was 20 day internship with 5-6hrs per day training under the guidance of three Psychiatrist and one clinical psychologist individually.
Case history taking was done followed by discussion along with the psychologist and the psychiatrist's on a daily basis in order to understand in depth and clarify doubts.
Gained a lot of insight into how in reality it would be to apply the theoretical knowledge gained from classes, practically and also how the symptoms would be presented by the clients and how it would seem to be. learned the importance of observation of Non verbal aspects. Also had sessions on Obsessive Compulsive Disorder and Borderline Personality Disorder as they were the major cases coming up during the time of internship.

May
2018 -
May
2018

Counselling Intern

Santhwana Institute Of Counseling and Psychotherapy, Kochi, Kerala
I was interning for a period of 20days during Second Semester break(Under Graduation) for 6-7hrs a day under the guidance of two counseling psychologist. The case history taking was done by the interns and then the interns discuss them with the psychologist and then was carried over from there by the psychologist. By the end of each day all the interns would discuss each case without revealing clients identity. Skills training were also given by the psychologist on application basis.

EDUCATION

2020 -
2022

M.Sc. Counselling Psychology

Kristu Jayanti College, Autonomous
(Bengaluru North University)
7.8 CGPA (Distinction)

2021

Abnormal Psychology

SWAYAM ONLINE COURSE CERTIFICATE
69

2017- 2020	BSc Psychology PSG College Of Arts and Science, Coimbatore 7.5 CGPA (Distinction)
2017- 2018	Certificate in Bakery & Confectionary PSG College of Arts & Science First Class
2017	Bio- Psychology(Higher Secondary) Rajagiri Christu Jayanthi Public School 86.6%
2015	Tenth std Nava Nirman Public School 9.2 CGPA

PROJECTS

The Effectiveness Of Creative Art Therapy on Various Mental Health Issues: A Systematic Review

Major project done during the final year BSc Psychology(UG) along with three other members as part of the curriculum.

Job Anxiety and Self Esteem on Job Involvement among Managers of Multinational Corporations during Covid-19 Pandemic

Final year dissertation done during M.Sc. Counselling Psychology.

ACHIEVEMENTS & AWARDS

•Third prize for Solo Dance Competition for Intra Collegiate PG fest 2022 •Third Prize for D'Psypher(Inter Collegiate Quiz Competition 2019) • First Prize for Credise 2017(Inter Collegiate Group Dance) • Second Prize for Fantabulous 2017(Inter Collegiate Group Dance)

ACTIVITIES

•Volunteered as the event coordinator for the event Psychomime, Stimuli-Inter Collegiate fest 2022 •Volunteered as MC for Impromptu 2020(Inter Collegiate Competition) for Just A Minute competition • National Conference on Mental Health and Technology In A Changing World (2020) •Workshop on Fingerprint Analysis(2019)

KNOWN COUNSELLING MODEL/THERAPIES/TECHNIQUES

- Client Centered Therapy
- Systematic Desensitisation & Jacobson's Progressive Muscle Relaxation
- Behavioural Techniques
- Thought Stop, Thought Distraction, Thought Diary, Socratic Questioning
- A-B-C-D-E Analysis
- Solution Focussed Techniques
- Role Playing & Role Reversal
- Self Instructional Training
- Assertiveness Training
- Certain Relaxation Techniques
- Movement Therapy
- Art Therapy



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