



**ALEENA BABU**

PSYCHOLOGIST

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## Career Objective

Diplomatic Psychologist with experience providing patients with innovative treatment to navigate psychological struggles. Committed to serving as an ongoing support through diagnosis evaluation, and implementation of treatment. Adept at multi-tasking and proactively addressing emotionally intense situations with individual patients.

## Professional Experience

Psychologist

Mindful Rejuvenation, Karukutty, Kerala, India ( Jun 2020 – Jun 2022)

- Facilitating individual and group therapies
- Provided mental health services to a broad spectrum of patients.
- Worked with patients one on one and in group settings.
- Report writing documentation and prepare of mentally evaluation reports.
- Coordinating patient discharge and continuity of care following discharge.

Psychology Intern

- Louis Mount Hospital, Wayanad, Kerala, India (90 Days)
- Government Mental Health Centre, Thrissur, Kerala, India (30 Days)

## Conferences and Researches

- Research on “Self Efficacy and Mental Health among Identical and Fraternal Twins.”
- Workshop on “Counselling Skills.”
- Research on “Loneliness, Aggression and Risk Taking Attitude in Massively Multiplayer Online Gamers.”
- National Conference on “Youth and Mental Health.”
- Workshop on “Research Methodology.”
- Course on “Suicide Prevention – Online Training” conducted by Mind and Brain, Thrissur in collaboration with University of Cambridge.

## Education

Prajyoti Niketan College, Pudukkad, Kerala, India

M.Sc Clinical Psychology 2018 – 2020

B Grade

Sahrdaya College of Advanced Studies, Kodakara, Kerala, India

B.Sc Psychology 2015 – 2018

B Grade

Don Bosco Higher Secondary School, Irinjalakuda, Kerala, India

Higher Secondary Examination 2013 - 2015

89 %

Don Bosco Higher Secondary School, Irinjalakuda, Kerala, India

High School 2013

95 %

## Personal Strengths

- Empathetic, Creative and Unique.
- Versatility along with hard work.
- Systematic and devoted.
- Passionate and ambitious.
- A great communicator with pleasant and welcoming tone.
- Great rapport skill.

## Personal Details

- Date of Birth : 25<sup>th</sup> Apr 1997
- Gender : Female
- Nationality : Indian
- Passport Number : U2393507

## Declaration

I do here by declare that the above stated particulars are true, complete and correct to the best of my knowledge.

ALEENA BABU