

# MINNU THOMAS

Address : Panat Thekkemattam (H),  
Alappuzha, Kerala, India

E-mail id : [minnutressa@gmail.com](mailto:minnutressa@gmail.com)

Ph.no : +919496061517

LinkedIn : <https://www.linkedin.com/in/minnu-thomas-1a3bb2195/>

DOB : 5<sup>th</sup> December 1998



## PROFESSIONAL SUMMARY

- ✓ Enthusiastic person who is interested to explore new aspects and areas of psychology.
- ✓ Research oriented person who can contribute for the betterment of the society.

## WORK EXPERIENCE AND TRAININGS

<b>District Mental Health Programme Counsellor</b> National Health Mission <b>Government of Kerala</b> Ernakulam General Hospital	December 2022- Present
<b>Major responsibilities</b> <ul style="list-style-type: none"><li>• Case formulation</li><li>• Health visit</li><li>• Conducting mental health programme</li><li>• Promote mental health awareness</li></ul>	
<b>Psychologist</b> Softmind Psychology centre, Alappuzha, Kerala, India	January 2022 – November 2022
<b>Major responsibilities</b> <ul style="list-style-type: none"><li>• Case history taking</li><li>• Psychometric assessments</li><li>• Psycho-education</li><li>• Counselling and psychotherapies</li></ul>	
<b>Mental health counsellor</b> Athma-mymindmycare, Kerala, India	May 2021-Present
<b>Major responsibilities</b> <ul style="list-style-type: none"><li>• Case history taking</li><li>• Psychometric assessments and Interpretation</li><li>• Counselling</li></ul>	
<b>Online Psychology Intern</b> Trust Centre for Mindful Living, India	August 2020- September 2020
<b>Major areas:</b> <ul style="list-style-type: none"><li>• Case taking in detail</li><li>• Psychometric assessments</li><li>• Different Perspectives of Psychology</li><li>• Psychotherapies</li><li>• Abnormal Psychology- Case studies</li></ul>	
<b>Psychology Intern</b> Dr. Salim's Centre for Neuro-Psychiatry	
<b>Major Areas:</b> <ul style="list-style-type: none"><li>• Psychology discussions</li><li>• Case studies(basics)</li><li>• Case taking and rapport building</li></ul>	April 2018

## EDUCATIONAL DETAILS

<p><b>Master's Degree in Clinical Psychology (90%)</b></p> <p>Christ College (Autonomous) Irinjalakuda</p>	<p>June 2019- April 2021</p>
<p><b>Papers:</b></p> <ul style="list-style-type: none"> <li>• Clinical Psychology</li> <li>• Personality and personal growth</li> <li>• Social Psychology</li> <li>• Psychotherapeutics</li> <li>• Psychodynamics and cognition</li> <li>• Physiological psychology</li> <li>• Neuropsychology</li> <li>• Research Methodology</li> <li>• Counselling psychology</li> <li>• Psychopathology</li> <li>• Forensic Psychology( Elective)</li> <li>• Medical Psychology( Elective)</li> <li>• Current Trends in psychology</li> <li>• Community and Consulting Psychology</li> <li>• Experimental Psychology</li> </ul>	<p><b>Dissertation and other works</b></p> <ul style="list-style-type: none"> <li>• Community Extension work</li> </ul> <p>Survey- Aim: "Assessment of mental health of people in flood affected areas in Thrissur District"</p> <ul style="list-style-type: none"> <li>• Field Experiments (Observation, Interview, Content Analysis, Case Studies, Test construction)</li> <li>• Observational study</li> </ul> <p>Topic: "Attitude, attentiveness and learning style of high school students during online class" (Quantitative study)</p> <ul style="list-style-type: none"> <li>• Dissertation</li> </ul> <p>Topic: "A study on relationship between emotional intelligence and psychological distress among menopausal and non-menopausal women" (Quantitative study)</p>
<p><b>Bachelor's Degree in Psychology ( 80%)</b></p> <p>Little Flower Institute of Social Sciences and Health(LISSAH), Calicut, India</p>	<p>June 2016- April 2019</p>
<p><b>Papers:</b></p> <ul style="list-style-type: none"> <li>• Psychology</li> <li>• Human Physiology</li> <li>• Psychological Statistics</li> <li>• Child and Adult Psychology</li> <li>• Counselling Psychology</li> <li>• Personality Psychology</li> <li>• Social Psychology</li> <li>• Community Health(Elective)</li> <li>• Abnormal Psychology</li> <li>• Health Psychology</li> <li>• Learning and Behaviour</li> <li>• Experimental Psychology(Lab)</li> </ul>	<ul style="list-style-type: none"> <li>• Dissertation:</li> </ul> <p>Topic: A study on relationship between organizational justice and employee engagement among engineers (Quantitative study)</p>

**RESEARCH EXPERIENCE**

<b>PRESENTATIONS /PUBLICATIONS</b>		
<b>Topic</b>	<b>Journal/Institute</b>	<b>Year</b>
“Body mass index, body image acceptance and psychological well-being among overweight adults”	International Journal of Science and Research ISSN: 2319-7064 Presented at Little Flower Institute of Social Sciences and Health	2022
“Emotional intelligence and psychological distress among menopausal and non-menopausal women”	International Journal of Creative Research Thoughts	2021
“A study on relationship between organizational justice and employee engagement among engineers” (Bachelor’s degree disseratation)	International journal of Indian Psychology ISSN 2348-5396(e)	2020
“A study on relationship between emotional intelligence and loneliness among young adults during lockdown period”	International journal of Indian Psychology ISSN 2348-5396(e)	2020
“Personal effectiveness, psychological well- being and quality of work life among employees in MNCs”	Presented at Jain University Bangalore, India Published ISBN: 978-1985783072, Pg: 129	2018
<b>OBSERVATIONAL STUDY</b>		
“Attitude, attentiveness and learning style of high school students during online class”	Christ College Irinjalakuda	2021

**COURSES, SEMINARS AND WORKSHOPS**

<b>Courses</b>	Psychology of Older age / Gerontology Udemy	2022
	How to overcome postpartum depression Udemy	
	Ending Young Adult Depression Udemy	
	Psychological First-aid John Hopkins University- Coursera	2021
	Everyday parenting: The ABCs of Child rearing Yale University- Coursera	2020

<b>Seminars/conferences/ Webinars Attended</b>	Mental Health International Model United Nations-Online conference	2021
	Qualitative and quantitative research methods Little Flower Institute of Social Sciences and Health (LISSAH College), Calicut, India	2020
	The power of vulnerability, mindfulness and self-compassion Christ College (Autonomous) Irinjalakuda	
	Future of Mental Health: Importance of integrated approach Anugraha Institute, Tamil Nadu, India	2019
	Psychology in the transforming world Jain University, Bangalore, India	2018
	Colloquium on professional practices of psychology in India Little Flower Institute of Social Sciences and Health (LISSAH College), Calicut, India	2017
<b>Workshop Attended</b>	Introduction to Psycho-oncology Fortis Healthcare Limited	2020

## REFERENCES

Dr. Prajeesh Palanthara Director, Trust Centre for Mindful Living	Email id: prajeeshpalanthara@gmail.com
Mrs. Nimy P.G Head of the Department of Psychology Christ College (Autonomous) Irinjalakuda	Email id: nimypg@christcollegeijk.edu.in