



NILA SASIKUMAR

My Contact

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Skills

- Clinical Skills
- Counselling
- Teaching
- Research
- Problem Solving
- Decision making

Languages

- English
- Malayalam
- Hindi

Interests

- Dance
- Music
- Travelling
- Reading

Summary

I consider myself to be a person who is hardworking and a motivated learner who wishes to enhance my understanding in both practical and theoretical knowledge in Psychology. I have a strong foundation in Psychology and am an active listener and empathetic in helping others to overcome their problems.

Experience

Psychology Intern

InMind Institute of Mind and Brain, Trissur, Kerala

April 2022- May 2022

- Able to observe, learn, assist and conduct a variety of clinical training skills required as part of formative training towards become a clinical psychology practitioner.
- Training across various departments of the hospital including psychiatric and psychological consultation and treatment, psychotherapy and counselling, activity based rehabilitation, clinical pharmacy, psychiatric nursing and psychiatric hospital administration.
- Screened potential clients and conducted clinical interviews to understand clients needs. Participated in regular clinical supervision to improve psychotherapy skills and troubleshoot client issues.
- Attended and actively participated in clinical treatment planning with multi-disciplinary teams consisting of Psychologists, Social Workers, PTs and OTs.
- Collected information necessary for psychological diagnosis by interviewing, observing and surveying patients.
- Built rapport and guided discussions with patients using therapeutic communication techniques.

Psychology Intern

Santhwana Institute of Counselling and Psychotherapy, Ernakulam, Kerala

December 2021 - March 2022

- Training in counselling techniques such as paraphrasing, clarification, reflection of feelings, summarising and developing rapport.
- Conducted assessments and interpreted results to formulate comprehensive advice.
- Talked with family members when patients were unable to self-advocate.
- Carried out tests to identify behavioural and emotional patterns.

Tele Counsellor

District Mental Health Program, Ernakulam, Kerala **July 2021- September 2021**

- Worked as a part of COVID- 19 Rapid Response Team and offered tele- counselling services to home quarantine patients.
- Assessment and screening of psychological risk including Adjustment disorder, Depression and Anxiety disorders.
- Crisis intervention for those infected by corona virus.

Psychology Intern

Bethsada Hospital, Ernakulam, Kerala **September 2019- September 2019**

- Able to acquire knowledge and skills necessary to conduct case histories and mental status examination on patients suffering from mental illnesses including Schizophrenia, Bipolar disorder, Emotionally Unstable personality disorders and others.
- Interaction and supervision of patients to understand their condition and taking assessments under the guidance of experienced clinical psychologists and psychiatrists.

Education

M Sc. Psychology

Rajagiri College of Social Sciences, Kalamassery, Ernakulam, Kerala **Jun 2020 - May 2022**

- World Mental Health Day "Working together to prevent suicide: A day for "40 seconds of action" (10th October 2019)- Participated in the event organized by Maharajas College NSS Unit and Jeevani centre for student"s wellbeing.
- Participated in 'Out of Syllabus- Camping Workshop on Counselling Practices, Beyond the Books' organized by Dot Learning at Neebar Gate Resort, Kakkadampoyil. (27th and 28th November 2021)

B Sc. Psychology

MES College, Marampally, Ernakulam, Kerala **Jun 2017 - Mar 2020**

- Drishti 2019 (14th November 2019)- Organized, volunteered and participated in the Sports Day program for blind children conducted by the Department of Psychology and Department of Physical Education of MES College, Marampally, Ernakulam.
- Paper Presentations on Survey- Disability in Vazhakulam Panchayat National Seminar "Neurodevelopmental Disability- UDAAN" held at MES College, Marampally, Aluva, Ernakulam (19- 20th December 2017). Paper presentation on Survey- Disability in Vazhakulam Panchayat, Aluva, Ernakulam, Kerala.
- 5 th International & 7th Indian Psychological Science Conference on "Peace & Well Being: Manifestation Across Age & Culture" jointly organized by National Association of Psychological Science, India and Departments of Psychology and Anthropology, Punjab University, Chandigarh, India held at Punjab University, Chandigarh, India. (26- 28th October 2018).

Certifications

- STTP on Advanced Research Methodology organized by REST Society for Research International (RSRI), Krishnagiri, Tamil Nadu, India. (11th May 2020- 15th May 2020)
- Recent Trends in Statistical Analysis organized by REST Society for Research International (RSRI), Krishnagiri, Tamil Nadu, India.
- Suicide Prevention, a course of University of Cambridge provided by InMind Institute of Mind and Brain.