

CURRICULAM VITAE



MINNU ELSA ABRAHAM

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Permanent Address:

Pothanickal House,
Maalam P O,
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Kerala, India
Pincode: 686019

Languages Known:

- English
- Malayalam
- Tamil
- Kannada

Date of Birth:

28 December 1995

Sex: Female

Marital Status: Unmarried

Nationality: Indian

CAREER OBJECTIVE

To make optimum utilization of my knowledge and skills, utilize opportunities effectively for professional growth and to contribute in the best possible way for the betterment of the vulnerable population.

WORK EXPERIENCE

Social Worker**12/10/2022 to 28/02/2023**

- Conducted mental health assessments on children between the age of 6 to 15 years.
- Provided psychosocial support for children in the school
- Discussion with families on parenting, mental health related concerns of children.
- Referral to various mental health services according to the needs of the children.
- Educated children on various topics.

Project Assistant: Trainer**09/08/2021 to 05/09/2022**

- Training One Stop Centre staffs all over the country on Mental Health Impacts of Violence against Women.
- Content development for training program.
- Preparing article for newsletters.
- Creating audio visual aids for training.

Social worker**03/08/2018 to 30/11/2018**

- Develop questionnaire for conducting research.
- Interviewed teachers from selected schools.
- Collected quantitative and qualitative data from adolescents in schools.
- Prepared initial reports for the project.
- Data entry.

Social Worker**01/12/2018 to 28/02/2019**

- Screened all age groups for mental health impacts of floods in Kerala.
- Provided community level training for ASHA workers and Anganwadi teachers on identifying persons with distress and referral.

RESEARCH EXPERIENCE:

- Effectiveness of psychosocial care for Children in Conflict with Law in Kerala (2021, NIMHANS)
- Internet Addiction and Mental Health among the students of Pondicherry University, Kalapet (2018, Pondicherry University)

- Trained teachers for identifying distress in children and referral process.
- Screened children from selected schools to identify children with mental health problems as a result of floods.

CLINICAL EXPERIENCE

MPhil Psychiatric Social Work Scholar, under the Department of Psychiatric Social Work, NIMHANS- July 2019 to July 2021. Worked with various age groups during the clinical postings. Adult psychiatry units (10 months), Child and Adolescent Psychiatry (3 months), Family Psychiatry (3 months), Behavior Therapy (1 Month), Community Mental Health (1 Month), Centre for Addiction Medicine (2 Month), Neuro-Psychiatric Rehabilitation (1 Month), Psychiatric rehabilitation Services (2 Month), Geriatric Psychiatry (1 Month), Adult Psychiatry units specifically included special clinics for OCD, Schizophrenia and Pre-natal Psychiatry as well. Clinical postings demanded working with a multi-disciplinary team, to manage persons with mental illness in IP and OP settings. The major duties included taking case history, needs assessment, disability and functionality assessment, assistance for disability certification, psycho educating the families and the client, liaison with various agencies to obtain resources for the client, Home visits, preparing a psycho social care plan, availing welfare measures for the client, assisting clients to community reintegration, family therapies, parent management training for parents of children with emotional and behavioural disturbances, breaking the bad news and supportive psychotherapy for the family members.

ACADEMIC CREDENTIALS

Course Name	College/School/ University	Duration	Marks Obtained
M.Phil. Psychiatric Social Work	NIMHANS, Bengaluru	2019-2021	71.09%
Masters in Social Work (Medical and Psychiatry)	Pondicherry Central University, Puducherry	2016-2018	CGPA: 8.32
Bachelor of Arts in English Literature and Communication Studies	St. Teresa's College, Ernakulam (Mahatma Gandhi University, Kottayam, Kerala)	2013-2016	CCPA: 7.47

PROFESSIONAL STRENGTH

- Critical thinking
- Takes Initiative for new ventures.
- Team work and leadership
- Proven ability to work in a dynamic environment and deliver to tight timescales, whilst, retaining a focus on accuracy
- Dedicated amicable relationship and strong desire towards learning
- Effective written and oral communication skills
- MS Office, Internet and E-mail (Office Automation)
- Proficient in SPSS

AREAS OF SPECIALIZATIONS

- Trauma Informed care for women facing violence
- Adult Psychiatry
- Child & Adolescent Psychiatry
- Family Therapy
- Addiction Medicine
- Psychiatric Rehabilitation
- Neurology and Neurosurgery
- Geriatric care

EXTRACURRICULAR ACTIVITIES

- Music
- Dancing
- Reading

REFERENCE

Dr. K. Sekar

Consultant

Centre for Psychosocial support in Disaster Management

NIMHANS, Bengaluru

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DECLARATION

I do hereby declare that the above furnished information is true and correct to the best of my knowledge and belief.

Place: Bengaluru
Date: 29-08-2022

MINNU ELSA ABRAHAM