

CURRICULUM VITAE

Name: ALEENA BIJU VARGHESE

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A Brief Overview –

A confident counseling psychologist with 3 years and 5 months experience in counseling sessions and achieved a high level of excellence through continuous learning. Capable to work well with multidisciplinary team and maximum use of my skills & knowledge by which there can be an overall development. Effective in verbal and written communication. A team player and can relocate. A reliable resource for community development work.

PROFESSIONAL INTERESTS

- Counseling sessions
- Research Studies
- Training
- Enabling Behavioral Change Communication
- Health Issues
- Intervention with Individuals and Groups

WORK EXPERIENCE

Believers Church Medical College Hospital (Pathanamthitta, Kerala)

- Serving as a **psychologist** in Physical medicine and rehabilitation department for one year and 10 months
- Dealing with parents of children with developmental disorders
- Dealing with psychosomatic pain, cognitive issues, eating disorders, and other chronic illness.
- Conducting community outreachment programs.
- Work with family of the patients educating about clients illness.

Shalom Institute of Mental health and Research (Palakkad, Kerala)

- Served as **counselor** for one year and 6 months
- Dealing with psychiatric and addition patients.
- Monitoring patient's personal hygiene
- Conducting group therapy for patients
- Work with the family of patients and reeducating them about the client's illness and how to deal with that.

EDUCATION

Masters of Science in Counseling Psychology, 2020

Third rank in MSc counseling psychology

Loyola College of social sciences, Affiliated to Kerala University

Bachelors of Psychology, 2018

Yuvakshetra institute of management studies, Affiliated to Calicut University

Higher Secondary Certificate (Biology Science Stream), 2015

Higher secondary school Mundur (Kerala State Board), Palakkad

Secondary School Certificate, 2013

M.N.K.M.G.H.S.S Pulappatta (Kerala State Board), Palakkad

COUNSELLING PSYCHOLOGY INTERNSHIP EXPERIENCE

MENTAL HEALTH ACTION TRUST, CALICUT

- Conducted home visits, psychological assessments.
- Planned management of patients and families with a variety of mental illness in the community.
- Worked with community volunteers for the rehabilitation of patients and observing the day care activities.
- Participated on street play.

SANTHWANA INSTITUTE OF COUNSELLING AND PSYCHOTHERAPY, ERNAKULAM

- Managed social activities for children.
- Conducted group activities for children.
- Worked on documentation.
- Participated in personality development program for students.
- Managed patients with different psychological problem.
- Conducted counseling session for children and patients with different psychological problems.

SKILLS and CERTIFICATIONS

Language: Reading and writing English, Malayalam

Computer: MSC-IT

Certifications:

- Certificate of 30 hours online course on psycho-social rehabilitation conduct by Madras University and SCARF
- Certificate for participating in seminar on family therapy (university college, Trivandrum)

Personal Details

Date of Birth : 29-05-1998

Address : Kizhakkekuttu, Cheraya(po), Kongad, Palakkad

REFERENCE

Mr. Jiju Varghese
Chief Operation Officer
Shalom Institute of mental Health and Research
Phone:+919447353051

I hereby declare that all the statements made in above applications are true and correct to best of my knowledge and belief.

DATE: -06/02/2024

PLACE: - PALAKKAD

Aleena Biju Varghese