



LAKSHMI R VARMA

- 📍 Bangalore
- 📞 9500033488
- ✉ lakshmirvarma01@gmail.com

SUMMARY

Aspiring psycho-oncologist committed to making a positive impact on the lives of cancer patients. Eager to contribute to the healthcare sector by integrating psychological support seamlessly into oncological care. A strong advocate for enhancing the quality of life for patients through the therapeutic integration of art and creative approaches. Bringing a blend of empathy, clinical insight, and a vision for holistic patient care, I aspire to contribute meaningfully to the well-being of individuals navigating the challenges of cancer.

SKILLS

- Psychological Assessment
- Counseling
- Professional Communication
- Substance Abuse Treatment
- Intervention Planning
- Patient Needs Assessment

EXPERIENCE

PSYCHO ONCOLOGY (PALLIATIVE CARE) INTERN, 01/2024 - Current

BHT Karunashraya , Bangalore

- Assisted in the assessment and management of pain and other symptoms, employing evidence-based approaches to enhance the quality of life for patients nearing the end of life.
- Worked collaboratively with interdisciplinary teams, including physicians, nurses, and social workers, to develop and implement comprehensive care plans tailored to the unique needs of each patient.
- Supported patients and their families in discussing and documenting advance care directives, ensuring that end-of-life wishes were understood and respected throughout the care process.
- Attended training sessions and workshops to stay informed about the latest developments in palliative and end-of-life care, continuously enhancing knowledge and skills in the field.

PSYCHO ONCOLOGY INTERN, 07/2023 - 11/2023

Apollo hospitals , Bangalore, India

- Learnt and observed therapeutic interventions, including individual and group counseling sessions, to address psychological and emotional needs of cancer patients, fostering a holistic approach to healthcare. Interventions such as JPMR and mindfulness implemented
- Worked closely with oncologists, nurses, and other healthcare professionals to integrate psycho-oncological support into the overall patient care plan.
- Maintained detailed records of patient interactions and progress, ensuring accurate documentation for both patient care and research purposes. Case history and MSE documented

- Observing radiation, chemotherapy, and other medical procedures during the internship broadened my understanding of oncological treatments, providing valuable insights into the intersection of medical interventions and psychological well-being for cancer patients.

CLINICAL PSYCHOLOGY INTERN, 06/2023 - 07/2023

Lourdes hospital Kochi, Kochi

- Conducted individual psychotherapy sessions with clients, utilizing evidence-based practices.
- Collaborated with multidisciplinary team members to develop appropriate treatment plans for clients.
- Educated patients on healthy coping strategies and techniques to manage symptoms associated with mental illness.
- Attended regular supervision meetings with senior staff members to discuss cases and receive feedback on performance.
- Utilized psychodiagnostics assessments or psychometric methods to facilitate treatments.

STUDENT COUNCIL MEMBER, 08/2022 - 04/2024

Christ University

- Orchestrated key aspects of the annual education fair, Daksh, by coordinating logistics, managing schedules, and ensuring a seamless execution of the event.
- Took a leading role in representing the course of clinical psycho oncology, showcasing its significance, and engaging with visitors to provide insights into the program.
- Initiated and implemented projects aimed at enhancing the student experience within the course, fostering a sense of community and support.

PRO - BONO THERAPIST, 07/2023 - Current

Self

- Provided confidential counseling services to individuals facing mental health challenges on a pro bono basis, emphasizing accessibility to mental health support for those with financial constraints.
- Conducted thorough assessments to understand clients' needs and developed tailored treatment plans, utilizing evidence-based therapeutic techniques.
- Offered individual therapy sessions, creating a safe and supportive environment for clients to explore and address their emotional and psychological concerns.

VOLUNTEER, 08/2022 - 12/2022

Vidyaranya Community, Bangalore

- Conducted educational sessions in local communities, focusing on raising awareness about cancer prevention, early detection, and available resources for lower-income groups.
- Collaborated with healthcare professionals to develop informative materials and presentations tailored to the specific needs and challenges of the target audience.

VOLUNTEER, 01/2021 - 01/2022

Samarthanam

- Assisted in the development of educational interventions for students with learning disabilities.
- Dance and music interventions for children with disabilities
- Evaluated student academic, behavioral and emotional needs utilizing formal testing instruments.

EDUCATION AND TRAINING

Christ (deemed To Be) University, Bangalore, Expected in 06/2024
MSc Clinical Psycho-Oncology: Psychology

Christ (deemed To Be) University, Bangalore, 07/2022
B.A. Psychology, Sociology and English: Humanities

RESEARCH

- Gratitude Practices and Aggression - The Impact of Active Practice of Gratitude on Aggression Levels in the Youth of India, 2022
- Navigating Grief and Coping through Art: Exploring the Lived Experiences of Primary Cancer Caregivers. (Presented at MINDCAN national conference)

LANGUAGES

- English
- Malayalam
- Hindi
- Tamil
- Kannada

TRAINING

- Neuro-Palliative Care, December 2023, NIMHANS
- MindCan, 14 October-2023, Malabar Cancer Center Brain and Behavior Conference, 14-16 December 2023
- Sand-Tray Therapy, 01/01/23, Christ (Deemed to be University), Bangalore
- Geriatric Mental Health Care, 01/02/23, NIMHANS, Bangalore
- International Conference on Counseling, Psychotherapy and Wellness (ICCP), 01/01/23.Christ (Deemed to be University), Bangalore
- ITCBP-IMHANS-2023- Solution focused behavior therapy, Kozhikode
- ISMPO ISOCON- 2022- Communication skills- under Dr.Brinda Sitaram- Chennai