

RESUME

Alicia A Sabu

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Professional Summary: As a dedicated and enthusiastic psychology professional, I have gained hands-on experience through my current job as a Psychologist, various internship opportunities and research projects, which have allowed me to hone my skills. In addition, my strong communication and interpersonal skills enable me to work effectively with individuals from diverse backgrounds applying my knowledge and skills in professional settings.

Personal Information

Date of Birth: 11/07/2000

Gender: Female

Languages known: English, Malayalam

Father's Name: Sabu A Basil

Mother's Name: Merlin Sabu

Marital Status: Unmarried

City of residence: Ernakulam, Kochi, Kerala

Nationality: Indian

Blood Group: A+

Educational Qualification

- Graduated in B.Sc. Psychology from St. Teresa's College, Ernakulam – Batch of 2018-2021
- Post-graduated in M.Sc. Clinical Psychology from Christ (Deemed to be University), Delhi NCR – Batch of 2021-2023.

Work Experience

- Currently working as a Psychologist at Prayatna Centre for Child Development, Palarivattom, Kochi, Kerala since May 22nd, 2023.

Internship Experience

- Interned as a tele-counsellor for Mental Health Rapid Response-Coronavirus Control and Prevention Mental Health Programme which is a programme initiated by District Mental Health Programme of Government of Kerala during the COVID-19 period for a duration of 5 months (29/04/2021 – 30/09/2021).
- Worked as a student volunteer at WE4YOU, a Non-Governmental Organization in Bhubaneswar, Odisha for a duration of 3 months creating audio version of text books for visually impaired students in India (28/08/2021 – 20/11/2021).
- Worked as a student volunteer at Aatman Counselling and Rehabilitation Centre, Bhopal, Madhya Pradesh for a duration of 4 months (01/01/2022 – 30/04/2022).
- Worked as an intern in Community Disability Management and Rehabilitation Programme (CDMRP) which is an extension centre of Department of Psychology, University of Calicut with the financial support of Social Justice Department, Government of Kerala for a duration of 1 month (25/05/2022 – 29/06/2022).
- Worked as an intern in Society for Promotion of Youth and Masses (SPYM) Women's De-addiction Centre, Delhi which is a drug treatment and rehabilitation centre working in collaboration with the Ministry of Home Affairs, Government of India for a duration of 3 months (10/08/2022 – 16/09/2022).
- Worked as an intern at Kusumagiri Mental Health and Autistic Centre, Kakkanad, Kochi, Kerala for a period of 2 months (01/03/2023 – 29/04/2023) with exposure to Acute and Chronic Psychiatric Patients, Patients in Child and Adolescent Psychiatry, Psychiatric Rehabilitation Centre and Occupational Therapy Department.

Additional Courses

- Pursuing Internationally Accredited One Month Certificate Program in School Counselling from Sensable Child, ISO 29990:2010 Company
- Currently under the process of pursuing Applied Behaviour Analysis Technician (ABAT) Course from QABA-approved Jey Special Needs Centre, Bangalore under the supervision of a Board Certified Behavior Analyst (BCBA), Ms. Jeyameena Dhanabalan

Key Skills

- Good Communication Skills, Leadership Quality, Observational Skill and Adaptable
- A keen listener as well as empathetic and patient
- Has experience in organising various events and workshops
- Good knowledge in MS word, MS Excel and MS Powerpoint
- Documenting works is one of the major key skill noted by the supervisors both at internship sites and workplace
- Adequate knowledge and experience in Applied Behaviour Analysis (ABA) Therapy since I have work experience in the field.
- Conducts individual therapy, counselling sessions, group therapy and training programs and psycho-education sessions.
- Has experience on taking Case History and MSE as well as conducting psychological assessments
- Has administered psychometric tests like BKT, VSMS, MISIC, NIMHANS SLD, SFBT, Coloured Progressive Matrices for children aged between 6-10 years, ASSIST-Y v3.1 for young people aged 10-14 years, Rosenberg's Self-Esteem Scale, Beck's Depression Inventory and Strengths and Difficulties Questionnaire.
- Has experience constructing individual care plans, conducting vocational training and educational assessments.
- Has presented research paper entitled "A comparative study on nomophobia, loneliness and sleep quality among young adults and adolescents" at 4th International Conference organised by Indian Mental Health and Research Centre and Shia P.G. College.

Declaration

I hereby declare that the information produced by me is true to the best of my knowledge.