




## SWATHI MARY SURESH

**Date of birth:** 17/05/2001


**Nationality:** Indian

**Gender:** Female

### CONTACT

 Moozhikal House, Lane 5,  
Pallimattam, Erroor  
682019 Ernakulam, India  
(Home)

 [swathimary01@gmail.com](mailto:swathimary01@gmail.com)

 (+91) 6235264310

### ABOUT ME

Committed Counseling Psychologist with a background in offering inventive therapies to assist individuals in overcoming psychological challenges. Dedicated to providing continuous support throughout the diagnosis, assessment, and application of treatments. Skilled in collaborating with allied professionals to ensure comprehensive support for patients.

### EDUCATION AND TRAINING

Bangalore, India

● **Pursuing Msc Clinical psychology (2022-2024)** Kristu Jayanti College

Ernakulam, India

● **Bsc Psychology (2019-2022) Grade-B+** St.Teresa College

Abu Dhabi, United Arab Emirates

● **12th C.B.S.E Board ( 2019)** Sunrise English Private School

Abu Dhabi, United Arab Emirates

● **10 th C.B.S.E Board ( 2017)** Sunrise English Private School

### ADDITIONAL INFORMATION

#### Publications

● **[Automatic thoughts and aggression among adolescents](#)** 2023

Journal published by Swathi Mary Suresh and Ms. Shruthi Rose in International Journal for Research in Applied science and Engineering Technology

#### Conference And Seminars Attended

● **National webinar based on "Mental Health for all Greater Investment- Greater Access"**

Organized by The Department of psychology and IQAC, MES Asmabi College. P. Vemballur  
On 17th ,24th & 31st October 2020.

● **Webinar on "Bringing Environmental Psychology into Action"**

By Department of Psychology, St.Terasas College, Ernakulam ,18th October,2020

● **Webinar on "Dementia-How to identify, assess and manage"**

By Department of Psychology, Rajajgiri College of Social Science (Autonomous) Kalamassery ,Kochi -20th August 2020

● **National live Webinar on "Life skills training -Methods, Scope and Limitations"**

Organized by Department of Psychology & IQAC Al Jamia Arts and Science College,Perinthalmanna-19th August 2020

● **Webinar on "Premenstrual syndrome and Mental health"**

By Healthy Minds World-17th August 2020

● **Webinar on "Post -traumatic Growth: Theory and Practice"**

Organized by Research and Postgraduate Department of Psychology Union Christian College, Aluva -8th August 2020

### Webinar on "Decoding Relations

The Dynamics of Relationships" By Yuvana Wellness-1st August , 2020

### Webinar on "Mental health apps-Usage and Practice Implications"

Organized by The research and Postgraduate Department of Psychology, Union Christian College, Aluva-25th July 2020

### National Webinar on the theme "Recognizing and Preventing Sexual Harassment of Women at Workplace"

Organized by Jenika Foundation- 19th July,2020

### Workshop On "Introduction to Wholesome Happiness"

Organized by Vidya Ranya counseling Center- 18 th July , 2020

### International Webinar on "Industrial Psychology: Scope and Application"

Organized by the Noble Women's College, Manjeri- 15th July ,2020

### Other Certificates

Online course on Scientific research in Health Research by ICMR-National institute of Epidemiology, October 2023

Participated in the Psychology Exhibition "Manodarshan 2023" held on 28 February 2023, Kristu Jayanti College, Bengaluru.

Participated in the Psychometric Assessment Program -"SAMVEDANA" on students on grades I to IX organized by Kristu Jayanti College., Bengaluru- 23rd February, 2023

Teresian Rural Outreach Program (TROP) an extension program of St.Teresa's College , Ernakulam, obtained an overall grade of A+.

### Training Experience

Nairs Hospital,Kochi Offline internship 06 December, 2023 - 05 January,2024 Internship was done under the supervision of Ms. Chandana Gopan ,Clinical Psychologist

I gained a comprehensive understanding of diagnosing a range of psychiatric disorders. I acquired the skill set to perform psychological assessments and evaluations, allowing for the diagnosis and comprehension of clients' mental health concerns. I obtained an understanding of the documentation procedures involved in compiling clinical case histories and conducting mental status examinations. Gained practical experience in providing Psycho education to individuals and couples. Developed strong interviewing skills, learning how to conduct comprehensive clinical interviews, gather relevant information, and establish rapport with clients. Understanding the ethical guidelines and legal aspects related to psychology practice, including confidentiality, informed consent, and mandated reporting. Learning to collaborate with other professionals like psychiatrists, social workers, and nurses as part of a multidisciplinary team to provide comprehensive care.

Spandana Nursing home , Bangalore- Offline Internship 01 June - 30 June, 2023 Internship was done under the supervision of Dr.S.Preeti.

#### Skills gained :

Learned how to conduct psychological assessments and evaluations to diagnose and understand clients' mental health issues. Gained practical experience in providing counseling to individuals and couples. Learned to observe and interpret client behaviors and emotions to provide effective treatment. Improved my ability to listen actively, express empathy, and communicate effectively with clients while taking case history . Skilled in organizing and managing client caseloads, including documentation, scheduling, and follow-up. Efficiently managing client appointments, paperwork, and administrative tasks. Advocating for the well-being and rights of clients, especially in healthcare and institutional settings. Also was trained on how to use Repetitive transcranial magnetic stimulation (rTMS) on clients.

Volunteered at Janey Centre 1st July 2022 - 03rd August 2022 ( A centre rehabilitating differently abled persons.)

#### Skills gained :

While working with special needs students a degree of patience was developed.

Volunteering in special education setting deepened my ability to understand and empathize with others, especially those facing challenges.  
I have become a better listener, as understanding the specific needs and preferences of each student is essential.  
Discovered creative ways to engage and teach students, finding methods that work best for their unique learning styles.  
Collaborated with teachers, therapists, and other volunteers to provide consistent and effective support for students.  
Learned to address conflicts or behavioral issues in a constructive and positive manner.  
Developed a basic understanding of the various disabilities and challenges present in the school.  
Learned to manage materials, schedules, and activities for students, improving your organizational abilities.

#### **Tele-counselor at District Mental Health Organization 16 th August 2021 -26th October 2021**

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Provided Psychosocial support to Covid victims as a part of Covid RRT formed under the District Mental Health Program, Ernakulam.

##### **Skills gained :**

The ability to listen attentively, empathize with clients, and understand their thoughts and feelings. I was able to build rapport and trust.

Effective Communication, both verbal and non-verbal.

Being able to understand and share the emotions of your clients is vital for creating a safe and supportive environment for them.

We were prepared to handle crisis situations and provide immediate support to clients who may be in distress. This includes suicide prevention and contacting the hospital or the village counselor for immediate action.

I was able to identify issues, set goals, and work collaboratively to find solutions and strategies to address their challenges.

Proficiency in keeping accurate and confidential records of client sessions and treatment plans, adhering to privacy regulations and ethical standards.

Awareness of the legal and ethical guidelines governing counseling in your jurisdiction, including client confidentiality, informed consent, and reporting obligations.

#### **Soulful Mind-Online internship 26th July-25th August,2020 Under the supervision of Ms.Sonakshi Gandhi**

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##### **Skills gained :**

Developed communication skills for effectively interacting with clients, colleagues, and supervisors via virtual meetings, emails, and chat platforms.

I was exposed to various disorders and their treatments provided

Attended in various activities such as case discussion, Mental status examination and case history taking

Attended sessions on psychological assessments, clinical skills , ethics in clinical practice and foundation of Cognitive behavior therapy

#### **Skills and Expertise**

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- Various Psychological Assessments
- Case history taking and MSE
- Counseling for all ages
- Communication
- Problem-solving
- Empathy
- Patience
- Active listening
- Observation
- Critical thinking
- Stress management
- Social skills
- Organization skills
- Canva, Microsoft presentation, Microsoft word

#### **Declaration**

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

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**Swathi Mary Suresh**

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