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PEARLENE HELEN MARY D

SKILLS

- Knowledgeable about the latest updates in psychotherapy and counseling.
 - Competent with the use of eclectic approaches in psychotherapy (Case conceptualization, management, and therapeutic skills).
 - Well-versed in empathetic and listening skills.
 - Good communication skills and proficiency in English.
 - Skillful in teamwork and team-building.
- Basic computer skills including knowledge in MS office tools, social networking, and blogging.

EXPERIENCE

THE AMERICAN COLLEGE, MADURAI

Working as an Assistant Professor (June 2019 – Present)

- Handing the following papers: Social psychology I, General Psychology I, Health Psychology, and Cyberpsychology.
- Organized co-curricular events in College.
- Helped set-up the psychology laboratory of the department

K L (DEEMED TO BE UNIVERSITY), VIJAYAWADA

Worked as an Assistant Professor and Psychologist (February – June 2019)

- Briefed engineering students about the importance of mental health and the challenges in Adolescent years.
- Conducted faculty development programs on the importance psychological well-being and early interventions.
- Provided Psychotherapy for student with mental health problems including depression and anxiety.
- Conducted psychological assessments for student when required.

AASHIANA PSYCHIATRIC HOSPITAL, CHENNAI

Interned as a clinical psychologist trainee (April-May 2018)

- Conducted clinical assessments including Rorschach, TAT, and other tests for personality, pathology, and intelligence.
- Planned and conducted clinical interviews and psycho-education sessions.
- Assisted the clinical psychologist in report writing.

SUKRUT PSYCHOTHERAPY CLINIC, BANGALORE

Interned as a school counselor for 5 months in November 2017- March 2018.

- Counseled clients with behavioral, emotional, and psychological problems.
- Conducted therapies and psychological assessments.
- Taught life-skills for children 4th and 5th standard.

ABHAYA HOSPITAL, BANGALORE

Interned as a clinical psychologist trainee for 4 months in June-September 2017.

- Interacted with clients with different psychiatric conditions.
- Helped conduct assessments and presented cases.
- Worked with clients by taking case histories, taking mental status examinations, and observed therapeutic work.

KIDWAI ONCOLOGY CENTRE, BANGALORE

Interned as a psychologist trainee for 5 months in November 2016 – March 2017.

- Interacted with the patients and families suffering from cancer.
- Worked in the pediatric ward as a social worker.
- Collected data of their needs and status of the patients in the hospital.

ACTS SCHOOL, BANGALORE

- Interned as a school psychologist trainee and fieldworker for 4 months in June-September, 2016.
- Interacted with the families in the slums located in the borders of Bangalore and gathered data about the slum areas and the communities' lifestyle.
- Conducted assessments on children to understand their social and psychological needs.
- Taught children who are from the most background community.

SCHIZOPHRENIA RESEARCH FOUNDATION (SCARF), CHENNAI

1. Interned as a Psychologist trainee in April-May 2015

- Observed the different departments of the organization
- Participated in the organization's daily and weekly seminars on different psychological disorders, school mental health, and group therapy for rehabilitation patients.

2. Interned as a field worker for resource mapping in May-June 2015

Mapped out resources for older patients in 5 areas in Chennai for creating a directory for aged patients to use to enhancing accessibility (This directory was published in the year 2016)

3. Volunteered as a 'dementia champion' for 6 months in 2015-2016.

Conducted cognitive stimulation therapy and reminiscence therapy for one dementia patient.

4. Interned as a scientist-psychologist trainee in April-May 2017
 - Learnt in-depth about dementia care.
 - Conducted various psychological assessments for dementia patients.
 - Conducted group cognitive stimulation therapy sessions.
 - Assisted in entering research data and sorting the clinical data.

EMMANUEL CHESS CENTRE, CHENNAI

Interned as a research intern for 1.5 months in January- February, 2016.

- Involved in creativity testing and scoring for a cognitive science project funded by the Department of Science and Technology, Government of India.

PENETGRAPH CORPORATE SOLUTIONS, PVT. LTD, CHENNAI

(Internship in February and March 2015)

Role: Soft skills trainer and Language instructor (French)

- Conducted lecture type soft-skills classes using powerpoint presentations for undergraduate students.
- Assisted my colleagues in group activities for soft-skills.
- Taught basic-level French Language for Post-graduate students.

KIDS LEARNING CENTRE, CHENNAI

(Internship in April and May 2014)

Role: Special education teacher

- Helped create the syllabus for the summer camp.
- Developed lesson plans and activities for 30 days for individual students and for groups of students.
- Monitored students' progress and gave relevant feedback to parents. Conducted assessments for children with special needs.

EDUCATION	<p>MASTER OF SCIENCE (CLINICAL PSYCHOLOGY) Christ (Deemed to be University), Bangalore. Percentage: 69.59%</p> <p>BACHELOR OF SCIENCE (PSYCHOLOGY) Women's Christian College, Chennai. Percentage: 74.08%</p> <p>HIGHER SECONDARY C.S.I. Jessie Moses Matric. And Hr. Sec. School, Chennai Percentage: 80%</p>	<p>2016-2018</p> <p>2013-2016</p> <p>2013</p>
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HIGH SCHOOL
C.S.I. Jessie Moses Matric. And Hr. Sec. School, Chennai
Percentage:89%

2011

ADDITIONAL
QUALIFICATION

Qualified for Assistant Professor in the UGC-NET conducted in November, 2017.

PUBLICATION

1. THESIS

“Perspective of Indian Elders on Healthcare, Ageing, and Dementia”
Under the guidance of Dr. Madhavi Rangaswamy (Associate Professor),
Christ (Deemed to be University).

2. CONFERENCE PROCEEDINGS

- Ageism Recovery Model: Bringing the Unconscious to the conscious through Metacognition (Published)
- Reconceptualization of Self-Defeating Humor: Implications of Humor Intervention Programs (Published)

Life in Assisted Living: Levels of Psychological Symptoms in Older Adults

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CO -CURRICULAR

Certificate of Proficiency in graduation (2014-16) in:

1. Basic Graphology (February 2014)
2. Dyslexia–First class distinction (March 2014)
3. Advanced Graphology (February 2015)
4. Psychedelic Drugs: Cures, Comforts and Cautions (July 2015)
5. Creative Movement therapy (November 2016)

Conferences and Workshops:

1. Presented a paper in an ICSSR funded National Seminar on the ‘Elder Abuse and Social Exclusion’, organized by Periyar University, Salem on January 24 and 25, 2018.
2. Co-presented a paper in an International Training Conference in Brief Psychotherapies ITCBP 2017, organized by Institute of Mental Health and Neurosciences, Kozhikode on 21, 22, and 23 December, 2017.
3. Attended a workshop on ‘NeurobioFeedback’ organized by Christ University, Bengaluru on September 16, 2017.
4. Attended a workshop on Psychodrama organized by Christ University, Bengaluru on August 10, 2017.
5. Participated in a National Seminar on the ‘Empowering Lives: Mental Health and Well-being in an Inclusive World’, organized by Christ University, Bengaluru on December 9-10, 2016.

6. Participated in the International Conference on ‘Healthy Ageing in the Changing World’, organized by World Congress of Gerontology & Geriatrics on November 23-25, 2016.
7. Participated in the International Conference on Contemporary Trends in Clinical Psychology: Training, Research and Practice, organized by National Institute of Mental Health and Neurosciences (NIMHANS) on November 17-19, 2016.
8. Participated in an ICMR sponsored National Seminar on the ‘Need for Intervention for Children whose parents are treated for Schizophrenia’, organized by Christ University, Bengaluru on November 11, 2016.
9. Participated in the Workshop on “Mental Health in Childhood and Adolescence: Assessment and Therapeutic Intervention” organized by Women’s Christian College, Chennai held on February 16, 2016.
10. Participated in the National Workshop on ‘Holistic Approach to Learning through the Triad’-for Children with Specific Learning Difficulties (Dyslexia) organized by Division of Social Sciences and Languages (Psychology) held on March 28, 2015 at VIT, Chennai.
11. Participated in the International Conference on Clinical Psychology Training and Practice in the UK and India, organized by Care Institute of Behavioral Sciences (Chennai), Clinical Psychology Unit (Univ. of Leicester, UK) and Dept. of Psychology (Univ. of Madras) on September 13 2014.
12. Presented paper at National Conference on Enhancing Psychological Well-Being (NCEPW-2014) on February 20-21, 2014 organized by Bharathiar University, Coimbatore.
13. Attended International Conference on Current Perspectives in Educational Psychology (ICCPEP-2013) held on November 28-29, 2013 at WCC, Chennai.

EXTRA-CURRICULAR

- Played Volleyball as part of the school team in various zonal level and state-level matches.
- Participated in various cultural activities in school, and college including art competitions, street plays, and singing competitions.
- Was part of the WCC – 100 voice choir which was a multigenerational choir which was formed for the Centenary year celebration of the Women’s Christian College, Chennai

COMMUNICATION

- Proficient in English and Tamil language.
- Learnt French in school and college; can read and understand the language very basically.

DECLARATION

I hereby declare that the above stated information is true to the best of my knowledge.