Stiliya Jos K

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8095355706

**Profile Summary**

Every person has the ability to grow and succeed, and my role as a counselling psychologist is to support them along that path. I am a counselling psychologist and Ph.D. research scholar with expertise in evidence-based therapeutic approaches such as CBT and Gestalt Therapy, with a focus on treating anxiety, depression, grief, trauma, and relationship challenges. My approach combines academic rigor with compassionate, client-centered care, offering personalized and practical solutions that foster emotional healing and growth. My doctoral research explores how spiritual intelligence can enhance mental health and resilience, especially in healthcare settings. With several peer-reviewed publications, a patented intervention, and experience in presenting at national and international conferences, I bring clarity, empathy, and depth to both clinical practice and psychological research.

**Academic Background**

**Ph.D. Scholar in Psychology** *(Scholar) 2020- 2025*  
Christ (Deemed to be University), India  
Synopsis submitted. Actively engaged in research exploring the impact of spiritual intelligence on psychological well-being and resilience.

**MSc Psychological counselling**  
Indian Institute of Psychology and Research (IIPR), 2018-2019  
*Focus: Counselling Psychology, Psychological Assessment and research*

**Bachelor of Arts (B.A.) in Psychology, English Literature, Sociology (PENGS)**

Jyoti Nivas College, Bangaluru, 2015-2017

**12 th class**

Jyoti Nivas College Autonomous, Bangaluru, 2011- 2012

**10th class**

CJMAHSS Varandarappilly School, Kerala, Thrissur, 2007

**Professional Skills**

* APA-style academic writing and formal communication
* Creating safe, judgment-free therapeutic spaces

**Languages & Communication**

* Fluent in Malayalam and English

**Publications**

Stiliya, J. K., Antony, J. M., & Joseph, J. (2024). Spiritual Intelligence and Spiritual Care in Nursing Practice: A Bibliometric Review. Indian Journal of Palliative Care, 30(4), 304.

Stiliya Jos K, & Janis Maria Antony. (2024). The Development of a Spiritual Intelligence-Based Intervention for Psychological Well-Being, Meaning in Life, and Resilience Among Nursing Students (Patent 202441051229). Indian patent cell. <https://christuniversity.in/center/O/IPRC/patent-details>

Stiliya, J. K. (2024). The Influence of Mental Health Practices and Spiritual Intelligence Among Nurses During Covid 19 Pandemic. Book Chapter - INDIGENOUS EMERGING TRENDS IN POSITIVE PSYCHOLOGY National Press Associates Editors. [www.npapublishing.in](http://www.npapublishing.in)

Stiliya, K. J., & Pandey, N. (2022). Influence of Spiritual intelligence on Happiness and Well-being: A Review. Mind and Society, 11(02), 121-128.

**Conference Presentations**

Stiliya, J. K., & Janis, M. A. (2022). Influence of Spiritual Intelligence during Covid-19 Pandemic: A Study on Nurses During Covid-19. MANODARPAN -2022, International Virtual Conference on Mental Health and Well-Being: Exploring New Paradigms.

Stiliya, J. K. (2022). The Importance of Mental Health Practices and the Influence of Spiritual Intelligence Aspects Among Nurses During Covid-19 Pandemic: A Study on Nurses in Kerala. International Conference on Mental Health and Covid - 19; Challenges and Future Prospects.

Exploring the Effectiveness of Spiritual Intelligence-based Intervention on Nursing Students’ Mental Health. International Conference on Psychotherapeutics and Psychological Wellbeing (2025)

**Core Services**

Psychology (Counselling)

Counselling (Trauma)

Individual therapy

Spiritual intelligence-based intervention

**Scope of Practice**

Attachment Issues

Behavioural and Emotional Problems

Depression

Gender Identity Issues

Relationship Counselling

Self-Esteem

Trauma

Young Adult Issues

**I work with**

* Adults
* Families
* Adolescents
* Children
* Elderly
* Individuals

I hereby declare that the above-furnished details are correct to the best of my knowledge.