



# NEENA NARAYANAN

## COUNSELLING PSYCHOLOGIST

A passionate psychologist who aspires to explore the mental health field and interested to work in the fields like Addiction Counselling, family counselling, providing counselling and guidance for women and under privileged populations, Counselling for people with traumatic life events and for children especially orphans. I would like to practice as a trauma informed, Queer affirmative psychologist.

*Interested Fields: Addiction Counselling, Individual Counselling, Family Counselling, Criminal Psychology and Abnormal Psychology.*

## Contact

### Phone

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### Address

Ambileri House, Elerithattu PO,  
Chullimadom, Nileshtar via,  
Kasaragod District, Kerala.  
PIN: 671314

## Education

2020-2022

### MSc Counselling Psychology

Donbosco Arts and Science College,  
Iritty. Kannur University (65.86%)  
2018

**Certificate in Counselling Psychology,**  
under State Resource Centre, Government  
of Kerala

2016-2018

### BSc Psychology

Kannur University  
58.27%

2015

Higher Secondary (Science)

68%

2013

High School (General)

73%

**Date of Birth:** 09/09/1997

## Languages

English

Malayalam

## KEY SKILLS

- Resilience Skills
- Communication Skills
- Active Listening
- Empathetic
- Patience
- Observation
- Open Mindedness
- Emotional Intelligence
- Curiosity
- Reading and Writing Skills

## EXPERIENCE

March 1 to April 23, 2022

### CHRISTURAJ INSTITUTE OF MENTAL HEALTH AND NEUROSCENCES (CIMHANS)

Internship

I have completed an approximately two month internship as part of our academic curriculum. It helped to know more about the practical aspects of mental health treatment and how to work in a hospital setting. From there I got good knowledge on therapeutic methods like Motivation Enhancement Therapy, Relaxation techniques (JPMR) etc. I also got a thorough understanding of addiction treatment especially of alcohol and polysubstance abuse. Besides addiction, I also took schizophrenia and bipolar affective disorder cases. Besides MET, I have given psychoeducation to the patients.

2021

Provided tele counselling for COVID patients under District Mental Health Program (DMHP), Kannur.

- As part of our academic curriculum, I have visited autism center's, Child Development Centre, De addiction center, Hope homes etc to understand a psychologist's role in those settings.

## Projects

### Graduation

Life Satisfaction among  
Migrant Labors

### Post Graduation

Childhood Neglect and Fear  
of Intimacy in Early  
Adulthood People