



VISHANTH ANTON MENEZES

COUNSELLING PSYCHOLOGIST

PERSONAL DETAILS

DOB: 28/09/1997
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Address: Casa Grande Apartments,
Mangalore, Karnataka, India

EDUCATION

2020- 2022

**School of Social Work Roshni Nilaya,
India**

Master of Science in Counselling-
Pass with distinction

2018- 2019

University of Greenwich, UK

Master of Science in Psychology-
Pass with Merit

2015- 2018

St Aloysius College, India

Bachelor of Science in Electronics,
Computer Science, and
Mathematics- Pass with Distinction

2013- 2015

Lourdes Central School, India

Higher Secondary Education-
Physics, Chemistry, Mathematics,
Computer Science- Pass with First
Class

PERSONAL PROFILE

An enthusiastic and compassionate mental health professional who has experience with a wide range of age groups. Skilled in leadership roles and undertaking research, currently seeking to build a career as a psychologist.

WORK EXPERIENCE

October 2021- April 2022

Internship

- Shree Devi College of Nursing and Physiotherapy
- St Aloysius Gonzaga School
- PA First Grade College
- SDM College of Management
- St Aloysius PU College
- BARC De-Addiction Centre
- Arogya Clinic of Psychiatry

Trainee Counsellor

- Providing counselling and psychotherapy
- Administering psychological assessments for screening purposes
- Conducting group interventions
- Observation of other counselling sessions taken

September 2021- December 2021

School of Social Work Roshni Nilaya, India

Volunteer crisis counsellor

- Providing telephone based crisis management counselling for individuals with issues during the lockdown in India

SKILLS

- SPSS
- Microsoft Office
- Public Speaking

THERAPIES

- Behavior Therapy- Behavior Analysis, JPMR, Shaping and Chaining, Token Economy, Habit Reversal Training, Systematic, Desensitization, Assertiveness and Social Skills Training
- Stress Inoculation Therapy
- Cognitive Behavior Therapy
- Rational Emotive Behavioral Therapy
- Gestalt Therapy
- Dialectical Behavioral Therapy
- Person Centered Therapy
- Solution Focused Brief Therapy
- Transactional Analysis
- Motivational Enhancement Therapy
- Life Skills Training

PSYCHOLOGICAL TESTING

- Personality tests
- Intelligence tests
- Projective tests
- Educational Tests- career, aptitude, LD screening, memory, social maturity, attention and concentration, study habits, adjustment

March 2019- January 2020

Sundridge Care Homes, London, UK

Healthcare Assistant

- Providing care for physically and mentally ill patients
- Documentation of the daily activities of the residents
- Providing palliative care
- Assisting head nurse with rehabilitation of residents

October 2017- January 2018

Frosty's Confections

Charity Volunteer

- Responsible for taking client orders and passing it to kitchen staff
- Responsible for keeping track of income earned

CERTIFICATIONS

- Person Centered therapy
- Behavior Analysis
- Health Counselling
- Depression Counselling
- Neuro Linguistic Programming- Practitioner Level
- Care Certificate

RESEARCH AND DISSERTATIONS

- "Association of Gaming Motives and Time Spent in Gaming across the two Genders in India"- MSc Counselling, India
- "Impact of lockdown imposed due to COVID 19 pandemic on preschool aged children- a parents perception"- Co-authored- MSc Counselling, India
- "Role of Culture in perceiving Emotions from Facial Expressions and Scenes: Caucasians vs Indians"- MSc Psychology, UK

GROUP SESSIONS

- Chinmaya School- "Phone Overuse"
- Roshni Nilaya College- "Resilience"; "Interpersonal Skills"; "Psychological Wellbeing"
- ShreeDevi Nursing College- "Time Management"
- City College of Nursing- "Assertiveness"

REFERENCES

Available upon request