



KARTHIKA SK

Designation: Assistant Professor, Head of Department

Qualification: MSc Counselling Psychology

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Ms Karthika SK, Post graduate in Counselling psychology under Kannur University and certified Hypnotic counsellor. An experienced soft skill facilitator from 2015 onwards, Premarital counsellor in Minority welfare department, Kerala. Self-motivated individual with effective communication, coordination skill and great visionary.

EDUCATIONAL QUALIFICATION

Course	University/ Board
Msc Counselling Psychology	Kannur University
Bsc Psychology	University Of Calicut

CERTIFICATIONS

Courses	Institute/ organisation
Internship	Govt. Mental Health Centre Kozhikode
Internship	Louise Mount Hospital Wayanad
Hypnotic Counselling	BSS Skill School
Basic Psycho – Mending Counselling	Jan Shikshan Sansthan

WORK EXPERIENCE

Institute / Organisation	Position
Minority Welfare Department, Kerala	Premarital Counsellor
AMMHS Pulikkal	Student Counsellor
Nucleus College of Arts and Science	Assistant Professor
Shwasthi	Consultant Psychologist

EDUwer	Student Counsellor
Junior Chamber International	Zonal Trainer

Experience as Resource Person

- Conducted Webinar on Problem Solving Skills for Students of Mar Dionysius College, Pazhanji
- Conducted personality development program for General Nursing students of KMCT School of Nursing Manassery.
- Conducted training on personality development and exam phobia for students at PES Global School Puzhakkattiri
- Conducted empowering youth program at GHSS Othukkungal.
- Conducted training sessions on future at PTM Government College Perinthalmanna.
- Conducted personality development training for NSS students at Government Vocational Higher Secondary Mambad.
- Conducted a session for Students at MES Medical College Campus Central School.

WORKSHOPS/ TRAINING ATTENDED

- Premarital counselling- counselors workshop by Directorate of Minority Welfare ,Government of Kerala
- Trained at Speech Craft, 2 ½ day workshop on Public Speaking and Presentation Skills.
- Participated at the Train The Trainer Seminar 2015.
- Attended India's first mental health festival, organized by Mental Health Foundation (India)
- 2 days National Workshop on Counseling Skills.
- 2days National Workshop on Clinical Hypnotherapy.
- Two day National Workshop on Advance Clinical Hypnotherapy For Behavioral Issues.
- Two day National Workshop on Qualitative Research Method in psychology.
- One day CME PROGRAMME held at Govt. Mental Health Centre, Kozhikode.
- 10 hr training session on Cognitive Behavior Therapy.
- Two day workshop on Solution Focused Brief Counselling.

- One day workshop on How To Write A Research Paper.
- One day workshop on Quantitative Research And Application Of Statistics.
- Workshop on Presentation Skill And Soft Skill Development
- One day seminar on Adolescent Suicide Prevention – A Psychological Approach – department of psychology university of Calicut.
- One day interactive session Erforschen- 2015.
- 2 day intensive workshop on Parapsychology.
- National webinar on Virtualized Sexuality Addressing The Youth.

OTHER DUTIES

- Student Counsellor
- Internal Examination committee