

Abirami C

Counselling
Psychologist

Contact

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Websites, Portfolios, Profiles

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Skills

- * Emotional Awareness
- * Family Counseling
- * Substance Abuse Counseling
- * Psychological Assessment
- * Behavior Analysis
- * Employee Coaching

Certifications

- * Transactional Analysis - PSG Tech (2016)
- * Functional English - PSG CAS (2017)
- * Positive Psychology - Fortis Healthcare (2021)
- * Cognitive Behavioural Therapy (CBT) - VRIKSH (2023)
- * Career Counselling Certificate - VRIKSH Psychological support service (2023)

I am a qualified Psychologist offering expertise in mental health, focused on assessing and measuring mental capabilities of individuals and providing appropriate solution and therapy. Willingness to take on added responsibilities to meet organizational requirements.

Education

2014-01 - 2015-01	HSC <i>Vidya Vikas Matric HSC - Karamadai</i> Percentage: 93%
2015-01 - 2018-01	B.SC Psychology <i>PSG College of Arts and Science - Coimbatore</i> Percentage: 66%
2019-01 - 2021-01	M.SC Counselling Psychology <i>Madras University (dist) - Chennai</i> Percentage: 70%
2012-01 - 2013-01	SSLC <i>Vidya Vikas Matric HSC - Karamadai</i> Percentage: 96.2%

Work History

2023-10 - Current	Psychologist <i>Ashok Leyland , Hosur</i> <ul style="list-style-type: none">• Only Psychologist present for Hosur units covering over 10000+ employees across various categories of employee like Executives, Full time associates , 3rd Party labor's, Apprentices.• Critically analyzed and interpreted reports related to addiction, self-harm and maladaptive behaviors across Plant 1, 2, 3.• Conducted Weekly Training session for all sectors of employees• Implemented sound, behavioral and psychological interventions to handle Apprentice and Btp students in age group ranging between 16 - 22 and Provided guidance and recommended coping mechanisms for youth dealing with difficult issues.• Managed caseload of individual associates , couples , and their family therapy sessions.• Counseled individuals and groups regarding problems such as stress, substance abuse and family situations to modify behavior to improve personal adjustment.• Defined core problems and determined key strategies for investigating and remediating concerns.
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- Organized employee orientation for new hires.
- Organized Post Retirement Sessions for Associates whose service period is ending in 2023,2024.

2021-01 -
Current

Freelancer

Self

- Personal counselling, Career counselling , Work life balance issues, Complex natures etc.

2023-07 -
2023-09

Senior Executive

Wizklub Private Limited, Bangalore

- Analyzed and evaluated training effectiveness and program outcomes of Instructors -K3
- Facilitated virtual blended learning sessions.
- Improved Instructor productivity by 30% using one to one connect and Mentoring
- Conducted needs assessments to identify gaps in performance and develop targeted learning solutions.

2023-04 -
2023-06

School Counselor

Kendriya Vidyalaya CBSE School

- Handling students with Relationship issues, Parental conflict, Identity crisis, Addiction, Bullying , Peer pressure, Career confusions, Stress, OCD, Mobile addiction, Demotivation, etc
- Conducted Seminars for students and faculties.

2023-02 -
2023-05

Psychologist

Grand World Elder Care

- Handled clients with Dementia , Phobia , depression , Anxiety , psychosis and other age related problem
- Administered stress coping mechanism, Cognitive Stimulation Therapy.

2021-07 -
2021-10

Trainee Psychologist

Srijan Counselling Service

- Counselling individuals and groups regarding problems such as stress, depression, anxiety, Interpersonal conflicts, substance abuse and family issues.

2017-03 -
2017-06

Internship

Krishna Nursing home

2016-03 -
2016-06

Internship

Nachiyaar Mind Care