

# Varsha Prabakaran

A mental health enthusiast who is empathetic, with a passion for Psychology and a master's degree in clinical psychology with good knowledge about psychological assessments and clinical-atmosphere experience in counseling ( PG curriculum) seeks employment as a psychologist or a psychology teacher. Motivated to work diligently towards helping people in need of • mental health service and educate the people around and gain • more experience in the field to learn more and to spread knowledge and awareness about mental health.

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## EDUCATION

- **Dr. MGR Janaki College of Arts and Science for Women, Adyar, Chennai - BSc. Psychology**  
June 2016 - April 2019  
BSc Psychology is a course that includes the study of motives, reactions, crisis management, emotions, social and human development, etc. The programme involves both theoretical and practical knowledge of the topics pertaining to it.
- **Sri Ramachandra University of Higher Studies and Research ; Porur, Chennai - MSc Clinical Psychology**  
July 2019 - July 2021  
MSc Clinical Psychology course offers a comprehensive grounding in the understanding of mental health problems. It allows the students to observe clients with various mental health problems which ensures simultaneous transfer of theoretical knowledge to real life clinical scenarios throughout the two years.

## EXPERIENCE

- **Butterflies Child development Clinic:**  
Counselling psychologist at Butterflies CDC, provide counselling sessions for parents of children with developmental disorders such as autism spectrum disorders and ADHD in terms of psycho education. Also for adolescents to deal with stress management and other challenges that they might be facing. Provide psychological support to both care givers and patients with thalassemia.
- **Nova Pulse IVF clinic:** Provided psychological support for patients while they went through the process of IVF or IUI.
- **Element H Psychological Support and Services ( 2018)**  
Counseling skills, Crisis management, Movie review, Psychological assessments, Industrial psychology, Work shop.
- **Chennai Counseling Services ( 2017)**  
Counseling skills, General psychology, Theories of Psychology, Mock counseling sessions, Movie

## SKILLS

- **Creative thinker**
- Counseling skills**
- Psychological assessment**
- **Teaching**
- **Innovative**
- **problem-solving**
- **skills**
- **Good communication**
- **skills**
- **MS Word**
- **MS Excel**
- **MS PowerPoint.**

## LANGUAGES

English, Telugu, Tamil,  
Hindi

review.

- Counsel India (2020)  
Therapies, Client-counselor relationship, Psychotic disorders.

## PROJECTS

“Relationship between Parenting styles and Self-esteem among young adults”

Findings from this study show that there is no significant relationship between parenting styles and self-esteem. Results from a 2007 study conducted in Brazil shows that students' scores on five dimensions of self esteem (academic, social, emotional, family and physical) were independent of the parenting style (indulgent, neglectful, authoritarian, authoritative) they were exposed to. There are no age differences with regards to relationship between parenting style and self-esteem but there was a slight difference in how each gender perceived their parenting style, girls perceived their parents to be more authoritative compared to that of boys. Self-esteem can be influenced by various factors such as peer group pressure, current pandemic situation, dissatisfaction in job, stress, socio-cultural factors, life events, physical illness, etc. apart from parenting styles.

This research was conducted as a part of the curriculum for final year.

## CERTIFICATIONS

- Great experiments in psychology ( NPTEL)
- Developing Softskills and Personality ( NPTEL)