

## APARNA VINESH

Malappuram

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### OBJECTIVE

Dedicated, professional Psychologist with a growing experience in handling mental health issues. Proactively addressing emotionally intense situation with individual patients.

### EXPERIENCE

- MINDFUL REJUVENATION, ANGAMALY** 25/04/2023 – Till  
PSYCHOLOGIST  
Providing De-addiction counselling, case intake, behavioral modification, Individual counselling, Family Counselling, Assessment, Psychoeducative and awareness programs, training and supervision of social work and Psychology students and assisting psychiatrist for the cases.
- MARY MATHA HOSPITAL- Revive Mind Health & Deaddiction, Thodupuzha, Kerala** 13/12/2022 – 10/4/2023  
PSYCHOLOGIST TRAINEE  
Providing De-addiction counselling, Individual counselling, Psychoeducative and awareness programs, training and supervision of social work and Psychology students and assisting Psychiatrists for the cases.
- SANTHULA TRUST HOSPITAL** 13/10/2022 – 9/12/2022  
PSYCHOLOGIST TRAINEE  
Interacting with patients  
Case taking  
Take class for ADS patients  
Assisted in cases daily rounds and O P  
Assisted in multidisciplinary team.  
Day observations.
- YFI - NON GOVERNMENTAL ORGANIZATION** August 2021  
VOLUNTEER  
Conducting programs for children's with disabilities
- LOUISE MOUNT HOSPITAL** 9/3/2022 – 24/3/2022  
INTERN  
Case taking  
Assisted in cases daily rounds and O P  
Day observations.
- NATIONAL HEALTH MISSION, ERNAKULAM** 19/05/2021 – 1/10/2021  
TELE COUNSELLOR  
Providing volunteering counselling to patients affected with covid, undergoing stress and grief.
- PEACE VALLEY** 19/8/2021  
VOLUNTEER  
This is a one day paediatric screening camp for developmental disabilities. Were directed to assist the psychologist for case taking and initial assessment.

## EDUCATION

- MG UNIVERSITY 2020-2022  
MSc psychology
- CALICUT UNIVERSITY 2017-2020  
Bsc psychology
- CATHOLICATE HIGHER SECONDARY SCHOOL POTHUKAL 2015-2017  
Higher secondary
- DEPARTMENT OF GENERAL EDUCATION - KERALA, INDIA 2015  
S. S. L. C

## SKILLS

- Active listening
- Team Leadership
- Good at Counseling and help others
- Interpersonal
- Communication
- Team building
- Social work

## PROJECTS

- A STUDY ON GENDER DIFFERENCES IN PROSOCIAL BEHAVIOUR AMONG HIGHER SECONDARY STUDENTS
- PERCEIVED STRESS, RESILIENCE AND PSYCHOLOGICAL WELL-BEING AMONG EMERGENCY ROOM NURSES

## LANGUAGE

- English
- Malayalam
- Tamil

## ACTIVITIES

- Student Volunteer - National Service Scheme

## DECLARATION

- I hereby declare that all the information mentioned above is true to the best of my knowledge.