



# VARSHA SUBRAMANIAN GIRIJA

## Msc Neuropsychology

I'm a psychology graduate with a Master's degree in Neuropsychology and specialized training in Cognitive Behavioral Therapy (CBT) and Gestalt therapy. My background includes experience in both research and clinical areas, where I've conducted supervised counseling sessions and received extensive training. Since March 2023, I've been working as a freelance therapist and am currently seeking opportunities to provide virtual therapy through mental health care platforms.

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## EDUCATION

### Master of Science- Neuropsychology Maastricht University, Maastricht, The Netherlands

08/2021 - 08/2022

Upper second class Honours

- #Brain and Neurobehavioral functioning
- #EEG#Neuroimaging#Data analysis

### Bachelor of Technology- Biotechnology SASTRA Deemed University, Thanjavur, India

06/2016 - 06/2020

Upper Second class Honours

- #Genetics and Molecular biology
- #Immunology#Cellbiology #Animal studies

## INTERNSHIPS AND PROJECTS

### Intern & Therapist (Supervised Practice) WHJ ONLINE Therapy Centre

09/2022 - 02/2024

Muscat, Oman

- Trained in Gestalt and Ganzfeld Effect therapy through immersive exploration of psychological theories, hands-on role-playing, and active involvement in case study development and analysis.
- Facilitating supervised independent online therapy sessions for individuals dealing with psychological and behavioral challenges.
- Crafting concise therapy reports for individual sessions, documenting key insights and progress.
- Produced impactful written content and crafted engaging digital media, including website design, video creation, and editing, to support mental health advocacy and outreach initiatives.

### Research intern (Master thesis) Influence of change in emotional self-voice and predictability on N100 suppression effect

02/2022 - 08/2022

Grade: 8 Maastricht, The Netherlands

Basic and Applied Neurodynamics Laboratory, Maastricht University

- Coordinated participant recruitment and facilitated voice recording and EEG sessions
- Conducted data collection and processing, including auditory stimuli recording and morphing using various software
- Preprocessed and analyzed EEG data utilizing MATLAB toolboxes and SPSS
- Contributed to questionnaire scoring and analysis
- Attained results that partially supported hypotheses and offered valuable insights for future advanced research

## SCIENTIFIC SKILLS

Data collection, Participant recruitment, Conducting interviews

Literature review, Academic writing, Proof reading, Research synthesis, Ethical Conduct

Data processing, management and analysis

Electroencephalography (EEG)

Psychological assessments, Counselling and Psychotherapy

Pre-clinical studies, Animal handling, Molecular biology

Cognitive Behavioral Therapy, Gestalt Therapy, Ganzfeld Effect Therapy

## SOFT SKILLS

Problem solving, Organizational skills

Team work, Time management

Communication skills, Active listening

## TECHNICAL SKILLS

MS office- Word, Spreadsheet, Powerpoint, Adobe photoshop

Matlab, IBM SPSS

PRAAT, letswave, EEGlab

## INTERESTS

Psychotherapy

Neuropsychology

Research

Behavioral Science

## INTERNSHIPS AND PROJECTS

### Research intern-Bachelor Thesis (Pre-clinical studies)

Assessing the anti-diabetic activity of the decoction prepared by combining the five parts of *Cassia auriculata* using in-vitro and in-vivo model

12/2019 – 06/2020

Grade: A Thanjavur, India

Jiva Janthu Pariksha Kendra" (Central Animal House), SASTRA Deemed to be University

- Oversaw the plant collection and extract formulation process of five parts of *Cassia auriculata* into a decoction form based on Siddha literature
- Conducted in vitro tests, including Alpha-amylase and Alpha-glucosidase assays
- Managed the nutrition and routine weighing of the rats
- Performed in vivo studies, such as Glucose Tolerance Test and Streptozotocin-induced rat models
- Managed the utilization of glucose strips for measuring blood glucose levels in rats while adhering to the allocated budget

### Academic Project (Phytopharmacology)

Screening the anti-diabetic activity of the combination of five different parts of *Cassia auriculata* using everted sac methods

06/2019 – 12/2019

Grade: A+ Thanjavur, India

Central animal house, SASTRA Deemed to be UNIVERSITY

- Designed an experimental setup for ex-vivo studies using the jejunum of rats to measure glucose levels with the decoction and acarbose as a standard drug
- Assisted in the preparation of buffer solution and other equipment necessary for running the experiment

### Intern (Food Biotechnology)

Study of Acid-producing Bacteria in various food items

10/2017 – 12/2017

Chennai, India

Apex Biotechnology Training and Research Institute

- Possess practical experience in microbial culture, staining techniques, and sterilization
- Conducted research and experimentation on acid-producing bacteria using food products from various brands
- Acquired knowledge in the Research and Development division of the Food Industry

## PUBLICATIONS AND ARTICLES

Review article- Medical Science Monitor

### The Role of Momentary Dissociation in the Sensory Cortex

Author(s)

Mgr. Anney Roy, Ms. Varsha Subramanian Girija and Dr. Eva Kitzlerova

"Published- <https://www.medscimonit.com/abstract/index/idArt/944209>"

### A Neurophysiological Review and its Implications for Maladaptive Daydreaming

Non-academic article

### Navigating the Reel World: Self-Esteem, FOMO, and the Psychological Effects of Social Media Reels

06/02/2024

<https://whjonline.com/navigating-the-reel-world/>

## LANGUAGES

English

Native or Bilingual Proficiency

Malayalam

Full Professional Proficiency

Tamil

Native or Bilingual Proficiency

## CERTIFICATES AND REGISTRATIONS

Member of the National Academy of Psychology (01/2024)

Registered member of Nederlands Instituut van Psychologen (NIP) (02/2023 – 12/2023)

Become Psychotherapist & Open Practice (04/2023)

Offered by Udemy

PTSD Counselling & Management (03/2023)

Offered by Udemy

First Line Support: Clinical Management of Rape and Intimate Partner Violence in Humanitarian Settings (02/2023)

Course by World Health Organization

Mental Health and Psychosocial Support: Clinical Management of Rape and Intimate Partner Violence in Humanitarian Settings (01/2023)

Course by World Health Organization

Counselling Techniques and Skills (12/2022)

Workshop by All about Psychology

Cognitive Behavioural Therapy Coach Practitioner Certification (08/2022 – 09/2022)

ACCREDITED with the Complimentary Therapists Accredited Association (CTAA)

Project Management- Healthcare Projects (11/2022)

Certificate No: AWPY9-OZpbojUw2C8klN-zkZ9EzI

Nes online ACE-III Training-offered by University of Glasgow (09/2022)

Demonstrated accurate scoring on a video vignette scoring test

Psychology – How the Mind Works (05/2020)

offered by UBCx of the University of British Columbia

Psychology – What is Psychology? (10/2019)

Offered by UBCx of the University of British Columbia

Nutrition and Cancer (06/2019)

Offered by Wageningen University & Research.

## REFERENCES

Mgr. Anney Roy

[anneyroym@gmail.com](mailto:anneyroym@gmail.com)

Dr. Suvarnalata Xanthate Duggirala

[xanthate.duggirala@maastrichtuniversity.nl](mailto:xanthate.duggirala@maastrichtuniversity.nl)

## VOLUNTEER EXPERIENCE

Counselling Psychologist (under supervision)

Unwind Mental Healthcare Foundation  
02/2024 - Present,  
Non-profit organisation, India