

CHATURA NAGARJUNA
Psychologist
Registered with Rehabilitation Council of India

Professional Experience

- ❖ Worked 10 years in Mentally ill Rehabilitation centre, 10 years in Alcohol and Drugs De Addiction Centre and worked as a consultant Psychologist in private clinic.

❖ **Psychotherapeutic intervention methods**

for adolescent and adult mental health, behaviour therapy, cognitive behaviour therapy, stress management, anger management, depression, fear & phobia, adjustment disorder, personality disorders, substance abuse disorder etc. for individual & family, marital problems, Jacobson Progressive Muscle Relaxation

❖ **Academic Qualifications**

M.Sc. (Psychology), Bangalore University, PGDCFT in Counselling and Family Therapy, IGNOU and MSCCFT Family and Marital Therapy, IGNOU.

❖ **Training and Courses**

- Trained from AIM INSIGHTS. The H.R.D Group Academy for Intense Motivation for **Identifying Natural skills, Independent Growth, Human Thoughts and Strategies**
- Trained in Drug Abuse Prevention organized by **National Institute of Social Defense.**
- Trained in **Prevention And Treatment Of Addiction and HIV AIDS** by T. T. Ranganathan Clinical Research Foundation, Chennai in collaboration program of the **Ministry of Social Justice and Empowerment, Govt. of India and National Aids Control Organization (NACO), Ministry of Health and Family Welfare, Govt. of India.**
- Trained from UTC in **Substance Abuse Disorders and Family therapy, Advanced Training On Enhanced Motivational Interviewing Skills, Cognitive Behavioral Therapy**
- Addressed 3 aired live calls programs on **Doordarshan Bangalore Chandana Television Channel** on topics – Depression and Suicide

Languages known- Kannada, Tamil, Hindi, English

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(Chatura Nagarjuna)