

KEERTHANA RAVEENDRANATH

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SKILLS

Counseling skills and various therapeutic approaches (CBT, REBT, MET, ACT, PCT)
Case history and mental status examination (MSE) intake
Clinical assessment and individual counseling

Awareness of cultural, socio-economic, and religious norms and effects
Crisis intervention and suicide prevention
Relapse prevention planning
Grief Counseling and Coping Mechanisms

Therapeutic Relationship Building and credibility with clients
Behavioral Analysis and Diagnostic Skills
Workshop Development and Group Counseling

WORK EXPERIENCE

Chemical Addiction Rehabilitation Education (CARE)

Trainee Counsellor – (25-30 hrs/week)

January 2024 – Present

- Delivered motivational counseling and individual psychotherapy to 10+ clients, designing personalized psychological interventions.
- Led workshops and psycho-educational activities, increasing client and family understanding of therapy and addiction by 80%.
- Applied Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Motivational Enhancement Therapy (MET), Choice Theory Reality Therapy (CTRT), and Person-Centered Therapy (PCT) to clients ensure effective client support.
- Developed and implemented relapse prevention plans, contributing to decreased relapse rates.
- Provided grief counseling, equipping clients with tailored coping strategies.

Prathibimba Foundation – NGO

Intern Counsellor (5 hrs/week)

January 2024 – Present

- Conducted individual counseling sessions for clients using evidence-based therapeutic approaches.
- Led psycho-education sessions at various colleges, reaching 150+ students to debunk mental health myths and promote well-being.
- Facilitated interactive mental health awareness discussions, increasing student engagement in mental health topics.

Vandrevala Foundation

Volunteer Counsellor (5 hrs/week)

February 2024 – June 2024

- Completed over 40 hours of crisis intervention and psychological counseling via online messaging platforms.
- Supported individuals facing depression, trauma, mood disorders, and chronic illnesses with counseling and emotional guidance.
- Conducted therapy sessions, helping clients develop strategies to manage negative thoughts and process challenging experiences.

Private Online Sessions

Trainee Counsellor

January 2024 – August 2024

- Administered 50+ hours of individualized counseling sessions, employing diverse evidence-based therapeutic frameworks.
- Developed and implemented personalized intervention plans to facilitate clients' resolution of personal challenges and strengthen adaptive coping mechanisms.

RESEARCH EXPERIENCE

- Title: Research Project on the Relationship Between Happiness and Personality Type Among Early Adults**

Duration: 6 months | Team Size: 3

Summary: This research aimed to explore the correlation between happiness and personality types in the working population of young adults (aged 20-30). A comprehensive dataset of 100 samples was meticulously collected, scored, and analyzed using standardized norms. Despite the hypothesis, the findings revealed no significant correlation, offering critical insights that challenge common assumptions in personality psychology and highlighting the complexity of factors influencing happiness.

- Project Report on Brain Dominance Among College Students**

Duration: 6 months | Individual

Summary: This study investigated brain dominance levels among college students aged 18-24, with a sample size of 20 participants (10 men, 10 women) using purposive random sampling. Utilizing the Brain Dominance Inventory, the data was analyzed using

Pearson's correlation. The results provided key insights into cognitive patterns, contributing to a deeper understanding of how brain dominance may influence learning styles and cognitive preferences in higher education settings.

EDUCATION

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| <ul style="list-style-type: none">• Post-graduate Diploma in Counselling Psychology
Martin Luther Christian University, Montfort Institute of Advanced Studies, Bangalore, India• Bachelor of Science (B.Sc.) in Psychology, Zoology, Botany
Bangalore City University, Degree College of Arts, Commerce and Science, Bangalore, India | <p>July 2024</p> <p>September 2023</p> |
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CERTIFICATIONS

- International Level 2 Certified Career Counsellor | Career Development Association India
- International Level 1 Certified Career Counsellor | Career Development Association India
- Green Belt Certification (GB) in Career Counselling | Career Development Association India
- Professional Accredited Forensic Psychology Diploma Course | Udemy

VOLUNTEERING

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| <ul style="list-style-type: none">• Served as an active Rotractor at MES Rotaract Club, contributing to community service and social initiatives.• Trained high school students during the pandemic by delivering dynamic and engaging online science lessons, fostering learning and resilience.• Conducted workshops covering Dance Movement Therapy, Somatic Healing, and Psychodrama, broadening expertise in therapeutic methods.• Conducted "Mental Health Awareness" workshops at multiple degree colleges and alcohol addiction centers, educating over 200 individuals on mental health.• Conducted psycho-education sessions to inform students about mental health myths, facts, and the importance of mental well-being. | <ul style="list-style-type: none">• Delivered empathetic support and emotional care to elderly residents in senior living facilities, fostering meaningful relationships and enhancing their quality of life through thoughtfully designed activities.• Organized a successful Suicide Prevention Day drive, raising awareness among 500+ individuals about mental health and suicide prevention.• Completed a comprehensive webinar on the POCSO Act (Protection of Children from Sexual Offences Act), deepening knowledge of child protection and legal frameworks.• Enthusiastically participated in the International Mental Health webinar Series by the American College, Madurai (13 hours). |
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PERSONAL

- Practicing Carnatic Classical Singing for over 18 years, with regular performances at local venues and events, and collaborations with renowned musicians to create innovative musical compositions.
- Proficient in playing guitar
- Skilled in composing original music, blending traditional and contemporary styles.
- Languages: Fluent in English, Kannada, and Hindi.
- An environmental enthusiast.

