



ANNUSHKA FERNANDES

M.Sc. Psychology (Clinical)

Compassionate and attentive postgraduate in clinical psychology dedicated to patient education and effective therapy administration. I am looking to offer a patient-focused practice style that emphasizes the well-being and autonomy of patients. Demonstrated a history of building a strong rapport with patients while maintaining appropriate boundaries.

Experience

JUNE 2022 - DECEMBER 2022

Orchids International School, Panathur Branch

Special Educator/Psychology Teacher

- Observed students' behaviours and provided IEPs to be followed by teachers and parents
- Conducted Psychology lectures for Grades 1-10

SEPTEMBER 2021 - DECEMBER 2021 (REMOTE)

AstroTalk - **Consultant**

- Assessment and intervention of patient problems
- Increase self-awareness and insight, often providing reflection along with making connections in one's self-history and current functioning.
- Maintaining privacy and confidentiality of clients.

JUNE 2021 - AUGUST 2021 (REMOTE)

Clarity - **Counselor**

- Assistance through talk-based therapy.
- Facilitating behavior change.
- Enhancing coping mechanisms and maintaining relationships.
- Growth and development through treatment plans.

SEPTEMBER 2020 - NOVEMBER 2020 (REMOTE)

Dr. Shekhar Shetti | Fellow of RANZCP, psychiatrist from NIMHANS

Intern

- Updated records and prepared reports to outline program actions, results, and recommended improvements.
- Evaluated dynamics of different personnel groups through a range of planned activities and programs.

JUNE 2020 - JULY 2020

Dr. Melvin Chagas Silva | MRCPsych & MD psychiatry at NIMHANS, JMJ

Group Hospitals, Goa

Intern

- Improved clients' coping skills with routine life activities; Determined relevant interventions based on client's needs.
- Identified concerns, research methodologies, and optimal experimental designs to collect the desired information.

JANUARY 2019 - FEBRUARY 2019

Kripa Foundation, Detox and Rehabilitation Department, Goa

Intern

- Gathered information and reports on the implementation of evidence-based interventions across outpatient and inpatients.
- Used therapeutic communication techniques such as Active Listening, giving recognition to build rapport and guide discussion with patients.
- Prepared reports documenting mental health assessments after meeting with and observing patients.

Contact

Phone

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Email

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Education

SEPTEMBER 2018 - SEPTEMBER 2020, Bangalore

M.Sc. in Clinical Psychology

CMR University

JUNE 2015 - JUNE 2018, Goa

B.A. in Psychology

Carmel College of Arts, Science, and Commerce

JUNE 2013 - MAY 2015, Goa

Don Bosco Higher Secondary School - HSSC

June 2000 - May 2013, Goa

Sharada Mandir School, ICSE Board

Expertise

- Communication
- Problem Solving
- Leadership
- Adaptability
- Empathy

Languages

English

Hindi

Konkani

Achievements

1stPlace - U-17 State Level Throwball