

Dr. B. Sorna Kamatchi

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To take up a challenging job that would help me to update my knowledge and to contribute to the organization goals by effectively using conceptual skills and knowledge gained through education and experience.

PROFESSIONAL SYNOPSIS

- Over 5+ years of experience in individual counseling including students, family counseling and group therapy (WMRF, De-addiction centre).
- An effective communicator with excellent relationship management skills and Possess a flexible & detail oriented attitude.

EDUCATIONAL QUALIFICATION

PhD Degree in Psychology at UNIVERSITY OF MADRAS, Chennai, 2015

Master's Degree in Applied Psychology (Clinical stream) with grade point 4.9/6.0 from BHARATHIYAR UNIVERSITY, Coimbatore In 2007.

Bachelor's Degree in Psychology with 70% from M.G.R JANAKI COLLEGE FOR WOMEN OF ARTS AND SCIENCE in 2005.

Higher secondary class with 82.42% from M.A.K Matriculation Higher Secondary School in 2002.

ORGANISATIONAL EXPERIENCE

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| 1. Organization | : | Wisdom Research Medical Foundation, Perungudi. |
| Designation | : | Clinical Psychologist. |
| Period | : | Aug 2007 to May 2008 |

JOB PROFILE

Examined and conducted behavioral exams to identify root cause of substance misuse disorders for all clients. Documented assessments and progress made by the clients and shared the same with psychiatrist and family members regularly. Educate client's family members about the disorder through targeted counseling programs.

1. Successfully convinced 130 patients to stay sober through personalized 21 day treatment program
2. Assisted 47 patients with mild psychiatric disorders like Epileptic, Schizophrenia, and depression to cope with day today stress by organizing role playing exercises.
3. Lectured to a wide genre of audience emphasizing the ill effects of substance misuse and trained them on relaxation techniques to manage stress and balance work life.

ACADEMIC PROJECT

ORGANIZATION : Indo – Japan Bilateral science Program in collaboration with Kyoto University, Japan.

Project Title : Internship, May 2011 – June 2011

1. Conducted a household survey to “Understand the Resilience of the Residents to Climate- related Disasters in the wards 79 and 131 of Chennai Corporation”.

ORGANIZATION : Indo – Japan Bilateral science Program in collaboration with Kyoto University, Japan.

Project Title : Project Selamat - Building Resilience to Tsunami in the Indian Ocean, Jan 09 – Feb 09

1. Went on an exchange visit to Kyoto University, Japan under Indo – Japan Bilateral science Program to gain knowledge about the disaster risk reduction and disaster preparedness in their country.
2. Visited Kobe to attend the International Recovery Forum an annual event organized by the International Recovery Platform (IRP) to help ensure that disaster risk reduction approaches are systematically incorporated into the design of emergency preparedness, response, and recovery programs in accordance with the strategic goal of the Hyogo Framework for Action.
3. Visited to National Research Institute for Earth Science and Disaster Prevention, Kobe.
4. Went on a field trip to Wakayama; it is the place which is affected by tsunami in 1854. Visited to Hiro-mura village and gained knowledge about their old used evacuation center and recent evacuation centers.
5. Visited Kyoto streets based on to know about the building structure, narrow street line with emergency exits, available fire protection facilities and also visited to Kyoto city disaster prevention center.

ORGANIZATION: St.John’s Medical college Hospital, Bangalore

Title: Internship, Dec 06 –Mar 07

1. Attended case discussion and group therapy sessions with Psychiatrists and Clinical Psychologists
2. Commonly observed and recorded cases like Depression, Paranoid Schizophrenia, Bipolar affective disorder, Psycho-somatic illness, Sexual dysfunction, Personality disorder, Child psychiatry (Mental retardation, Autism, Attention deficit hyperactivity disorder), Organic disorder, Substance misuse disorder.

ORGANIZATION: Ojhas Foundation, Chennai, India 2004-2005

Title: Invigilator

1. Conducted psychological tests for children and adolescents

2. Evaluated the conducted tests
3. Suggested the personality of the subjects

PAPER PRESENTED

1. Presented a paper on **“Psychosocial problems of adolescents post tsunami 2004”** in the 45th National and 14th International Conference of the Indian Academy Of Applied Psychology, 2010 on Quality of Life and Globalization: Effective Self Care Interventions from 18th to 20th February, 2010 organized by the Department of Psychology and Parapsychology, Andhra University, Visakhapatnam, A.P., India.
2. Presented a paper on **“Impact of Post-tsunami in the Indian Coastal line: a study of Psychological effects on the survived adolescents after six years”** in the National Seminar on ‘Health and Well-being: Contemporary Issues and Perspectives’ from 17th to 19th January, 2011 organized by Dept of Psychology, Fergusson College, Pune.
3. Presented a paper on **“Impact of Post-tsunami in the Indian Coastal line: a study of Psychological effects on the survived adults after six years”** in the ‘46th National and 15th International Conference of the Indian Academy Of Applied Psychology on Quality of Life and Globalization’ from 4th to 6th February, 2011 organized by the Department of Studies in Psychology, University of Mysore, Manasagangotri, Mysore, Karnataka, India

JOURNALS PUBLISHED

1. **“Psychosocial effects of the Tsunami survived adolescents in Nagapattinam district after six years”** *Indian Journal of Applied Psychology*, vol: 48, pp: 6-11(2011).
2. **Psychological impacts of the Tsunami survived adults in Nagapattinam district after six years”** *Indian Journal of Applied Psychology*, vol: 48, pp: 51-55(2011).
3. **“Impact of Tsunami: Psychological effects of the survived adolescents after six years”**, *Research Studies In Child And Women Mental Health*, 2014, ISBN: 978-93-81992-21-0, pp:45-48.

CONFERENCES, SEMINARS AND WORKSHOPS ATTENDED

1. National Seminar on Psychosocial Aspects of Dementia at Department of Social Work, D.G.Vaishnav College on March 28th 2009.
2. Workshop on Basic Counseling Skills conducted by Dept of Psychology in Collaboration with Madras Psychology Society from 14th May 2009 to 16th May 2009.
3. Linking disaster education for climate change adaptation in the coastal zone Management – conducted at the University of Madras, Chennai on 26th Aug, 2009.

4. National Workshop on Neuropsychological Rehabilitation in Head Injury at the NIMHANS on 4th and 5th Dec, 2009.
5. National Seminar on “Psychosocial Impact of Economic Meltdown on Business Organizations and Employees”, held at the University of Madras on 5th and 6th March, 2010
6. UGC Workshop on “Counseling Skills”, Organized by Dept of Psychology, University of Madras on 18th and 19th February, 2011
7. International conference on “ Cognitive Behavioral Therapy”, organized by Care Institute of Behavioral Sciences in Association with Salford Cognitive Therapy Training Centre, UK on 28th Sep, 2013
8. Workshop on “Basic Counselling Skills for Teachers”, Organized by IDE- University of Madras on 26th Dec, 2013
9. Organizing committee member in an International Conference on “Child And Women Mental Health” on March, 2014

TECHNICAL SKILLS

Technical skills:

1. Stress management
2. Excellent oral and written communication skills
3. Team work and conducting psychological tests
4. Time management and organizational skills
5. Family counseling

Computer skills:

1. Microsoft office

PERSONAL DETAILS

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|-----------------------|---|----------------------------|
| • Date of Birth | : | 20 th Feb, 1985 |
| • Languages known | : | Tamil, English |
| • Father’s Name | : | Balaraman.C |
| • Sex, Marital status | : | Female, Married. |
| • Passport No | : | H2112784 |

DECLARATION

I hereby declare that all information provided above is true.

PLACE: CHENNAI.

SORNA KAMATCHI. B