



Adira Anie Thomas

Clinical Psychologist

PROFILE

I am a friendly, approachable and qualified professional in clinical psychology with more than 2 years of experience in this field. Dedicated to serving patient in a meaningful way, listening to their concerns, and helping them learn how to approach their mental, emotional and behavioral problems. Excel at providing children and adolescents with counseling and various type therapies to help them facilitate social, vocational, and personal adjustment to allow them to lead more meaningful and fulfilling lives.

EDUCATION

MASTERS IN CLINICAL PSYCHOLOGY

Manipal University / 2015 - 2017

Institution: School of Allied Health Sciences (SOAHS)

BACHELORS IN ARTS -MAJOR PSYCHOLOGY

Mangalore University / 2012 - 2015

Institution: St. Aloysius Degree College.

Contact



+918496922035



Kunnel House, Ballya P O
Kadaba, Puttur Taluq
Dakshina Kannada
Karnataka, India



adirathomas1508@gmail.com

Personal Data

Date of Birth: Sep 15, 1994

Age/Gender: 25/ Female

Place of Birth: Karnataka

Nationality: Indian

Civil Status: Unmarried

Passport No: M0640534

ACADEMIC ACHIEVEMENTS

Post Graduate Dissertation: Relationship between Perceived Stress, Defense Style and Subjective Well-being among Undergraduate students.

PROFESSIONAL TRAINING

As part of the course curriculum for Bachelor degree I had undergone clinical exposure for three days at Manasa Institute of Mental Health, Shimoga.

As a part of the course curriculum for Masters Degree I had clinical practicum with clinical postings in various departments such as

CLINICAL WORK

Clinical case	Session Duration	No of sessions
Brief evaluations	30	23
Psychometric tests- cognitive tests	60	24
Psychometric assessments- Personality and diagnostic	90	28
Counseling and Interventions	60	41

INTERNSHIP

Institution: Fr. Mullers Medical College, Mangalore

Duration: 4 months (October 2017 - February 2018)

Postings: Psychiatry OPD

General Ward

Family Psychiatry

De-addiction ward

Responsibilities: Involve in Clinical rounds, Psychiatry history taking, MSE, Psychological Assessment, counseling and Therapeutic procedures according to the psychiatric disorder across all age groups.

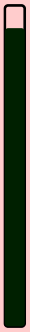
Language



English



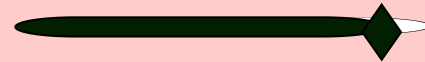
Malayalam



Kannada

SKILLS

Oral communication skills



Organization & leadership



Interpretation skill



Patient care and respect



Conflict Resolution



Report writing & Therapy



Counseling



Computer Proficiency



PROFESSIONAL & EDUCATIONAL PROGRAMS

- 2015 ● Workshop on Critical Incidence Stress Debriefing Therapy.
St.Aloysius college, Mangalore
- 2016 ● International conference on contemporary trends in Clinical Psychology.
NIMHANS, Bangalore
- 2017 ● Expanding the role of Clinical Psychologist in this digital Era.
NACIAP, Coimbatore
- Workshop on Solution focused Brief Therapy.
NIMHANS, Bangalore

Facilitator

- ✦ Yes! I Can life skills workshop for adolescents.
- ✦ Stress management, study skills and time management for first year MBBS students of KMC medical college.
Department of Clinical Psychology, Manipal University.

PROFESSIONAL EXPERIENCE

CLINICAL PSYCHOLOGIST/ COUNSELLOR

PARIJMA INSTITUTE OF NEUROSCIENCE/ 2019 -TILL DATE

DUTIES & RESPONSIBILITIES

Performing Psychological Tests:

Cognitive Test: Binet Kamath Test (BKT)

BHATIA

Seguin Form Board (SFB)

Social Quotient and Developmental Quotient

M- Chat

EXPERTISE

Cognitive tests

Assessment & Diagnosis

Early intervention therapy

Behavioral therapy

Stress management

Counseling

Indian Scale for Assessment of Autism (ISAA)

Conners test

SNAP IV

Specific Learning disability test

- Assessment including case history, interpretation of the test result and diagnosis.
- Constructing a clear treatment plan, home training activities and lesson plan according to the disorder and its severity.
- Providing Early Intervention Therapy, comprising of Infant stimulation and Vision Stimulation for infants and toddlers with various neurological conditions and developmental delay.
- Conducting Group Therapies to improve social skills in Autism and ADHD Children.
- Performing Remedial Therapy for Children with Specific Learning disability.
- Provides Behavioral Therapeutic Techniques for Autism and ADHD children.
- Well- Versed in Child / Adolescent and Adult Counselling.
- Training the interns about the Assessments and therapeutic techniques.
- Ability to build good rapport with patients and care givers.
- Keeping confidential and accurate records which can be accessed at all times.
- Coordinating with pediatric Neurologists, speech therapists, special educators and other medical and paramedical professionals regarding comprehensive care goals.

REFERENCES

Dr. Sebastian Padickaparambil

HOD, Assistant Professor
Dept. of Clinical Psychology
(SOAHS), Manipal University
Manipal 576104
Karnataka, India

Mail: sebastian.p@manipal.edu

PH: 09945136060

Ms. Indu Toby

Assistant Professor
Dept. of Clinical Psychology
(SOAHS), Manipal University
Manipal 576104
Karnataka, India

Mail: indu.toby@manipal.edu

PH: 09482784595

INTERESTS

