

ATHIRA P R

@ athirarajalakshmi@gmail.com

0501141960



PERSONAL DETAILS

- Date of Birth : 12/04/1995
- Marital Status : Married
- Nationality : INDIAN
- Passport : U6574677
- Place : Shahba, Near Omani Masjid, Sharjah, UAE
- DHA ELIGIBILITY NUMBER : 34264970

PROFESSIONAL SUMMARY

Highly skilled and dedicated mental health professional with demonstrated success in providing exceptional care and implementing effective treatment plans for patients with different mental health disorders. Exemplary understanding of the nature of Mental Health disorders. Compassionate professional with expertise in effective communication, building rapport and maintaining strict confidentiality. Demonstrated track record of success working with diverse populations in one-on-one and group setting. Effective motivator, communicator with inherent ability to manage many type of personalities, diffuse stressful situations, proactively resolve issues and achieve challenging goals. Leadership skill and successful staff development and group facilitation.

LICENSURE AND CERTIFICATIONS

- DHA Eligibility Letter -34264970
- Association of Allied Health Professionals-OT954179

EXPERIENCE

01/05/2021
-
01/11/2022

PARAYIL CLINIC CHALAIKARA CLINICAL PSYCHOLOGIST

- Identifies psychological, emotional and behavioral issues
- Diagnoses psychological, emotional and behavioral issues
- Developed and implemented treatment plans and therapeutic processes
- Helped clients define goals and planned action to achieve personal, social, educational and vocational development and adjustment
- Monitor client progress through regular meetings or sessions
- Priveded crisis intervention and support to clients in acute distress.
- Presented Psychoeducation workshops to clients and their families

01/01/2021
-
31/03/2021

GOVERNMENT COLLEGE NILAMBUR CONSULTANT PSYCHOLOGIST

- Developed and coordinates comprehensive mental health programs in college setting by providing a complete range of Diagnostic assessments and psychotherapy treatments
- Developed and facilitated college- wide prevention programs; provided crisis intervention, suicide assessment us needed

07/08/2019
-
31/03/2020

GOVERNMENT COLLEGE MALAPPURAM
CONSULTANT PSYCHOLOGIST

- Consulted to Assess, needs, determine the diagnoses, plan and implement treatment for youth and their families
- Collected information about individuals or clients conducting through clinical interviews,, observational techniques and other assessment methods
- Keep reports on clients and maintained required paperwork
- Consulted and collaborated with college staff and administration to organise and implement initiatives designed to improve college climate and student success
- Referred student clients to other specialist, Institutions or support services are necessary

27/05/2017
-
06/08/2019

MAXMINDS PSYCHOSOCIAL REHABILITATION CENTRE, KANNUR
CONSULTANT PSYCHOLOGIST

- Developed group activities aimed at treating psychological problems with outpatient
- Case history work up and mental status examination
- Psychosocial rehabilitation services for the patients
- Individual, family psychotherapy and group therapy
- Social Skill training and cognitive remediation training
- I expertise and trained in various interventions, counselling and psychotherapies
- Developed and maintained accurate and confidential client files
- Attended different academic sessions

INTERNSHIP

- Trainee | Louise Mount Hospital, Wayanad | 1 month(2016)
- Trainee | IQRAA International Hospital And Research Centre, Calicut | 15 days(2014)

EDUCATION

2017

MAHATMA GANDHI UNIVERSITY
MSc PSYCHOLOGY

2015

UNIVERSITY OF CALICUT
BSc PSYCHOLOGY

2012

Kerala
Higher Secondary Education