

# Pavithra Muthu

Counselling Psychologist/Mental health Practitioner

## ACADEMICS

2019	<b>M Sc. Counselling Psychology</b> Christ University, Bangalore	FIRST CLASS
2017	<b>B Sc. Psychology</b> Ethiraj College, Chennai	FIRST CLASS
2014	<b>Higher Secondary Education</b> Biology Stream D.A.V School, Chennai	FIRST CLASS
2012	<b>Secondary School Education</b> D.A.V School, Chennai	FIRST CLASS

## PROFESSIONAL EXPERIENCE

2019-2020	<b>Aditya Vidhyashram Residential School</b> (CBSE) Pondicherry	SCHOOL COUNSELLOR	Worked as an in-house school counsellor, serving both in the school and in the hostel. With a primary focus on offering one to one counselling sessions to students and staffs, conducting group sessions, motivational sessions, psycho-educational sessions, career guidance orientation, developing IEP's, coordinating/organizing sessions from reputed educational institutions for career advancements were also carried out.
2018-2019	<b>The PTA School</b> Bangalore	TRAINEE SCHOOL COUNSELLOR	Trained as a school counsellor during block placement, involving 250 hours of direct counselling sessions and psycho-education to the school students. This extensive training has improved my skills, competency and confidence in working with school students.

## ACHIEVEMENTS

2019 (June)	<b>UGC- NET</b>	QUALIFIED
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## PREVIOUS ASSOCIATIONS

2019	<b>Chemical Addiction Rehabilitation Education (CARE)</b> Bangalore	Worked as an in-house counsellor and offered psychotherapy and other mental health services to the addicts residing in the rehab. Closely offered counselling services to 5 clients through 12+ sessions across a month, observed their group interactions and with adequate supervision carried out interventions and session plans moving them across the motivational stages in the path of recovery.
2018	<b>Cancer Institute (WIA)</b> Adyar, Chennai	Worked in the department of Psycho-oncology and primarily was involved in case history taking, observing the counselling sessions across a month, assisted in research conduction, attended the case presentations, contributed to the intervention plans, actively involved in planning and conducting outreach programs, facilitated the support group meetings. During this, I actively engaged in the Tobacco Cessation Centre (TCC) and conducted sessions to the patients under close supervision.
2016	<b>MANAS Counseling Services</b> Chennai	Got trained in case history taking, case study, tool development procedures, relaxation methods, research methodologies, conduction and analysis.
2015	<b>Bodhi Learning Centre</b> Chennai	Observed special children throughout their speech therapy, occupational therapy and shadow teaching. Developed and presented a case study on a child with autism.

## OTHER INFORMATION

- ❖ Trained in Cognitive Behavior Therapy (CBT).
- ❖ Presented the Postgraduate Research Paper in the 7<sup>th</sup> Annual Interdisciplinary Conference 2019 at Christ University.
- ❖ With a primary Rogerian style, I am actively involved in eclectic approach, with more emphasis in positive psychology and ethicality is of prime importance.