
R.AMERNATH
(TRAINER, COUNSELLOR AND PSYCHOLOGIST)

Communication Address

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Objective:

A dynamic and versatile psychologist in the clinical profession with a proven ability to deliver clients' requisites. To handle counselling in tune with clients' mental health and create motivation to achieve their goals. Seek to make significant contributions to the Welfare Activities of clients and in Human Resource Development through strategic roles.

Professional Credentials

- ✓ Psychological assessment including LD, IQ, Semi-projective & Projective techniques & neuropsychological assessments.
- ✓ Assessment and management of childhood & psychiatric and developmental problems.
- ✓ Individual psychotherapy for all kinds of the population using cognitive behaviour therapy, behaviour therapy, psychodynamic psychotherapy, and marital and family therapy, substance cases.
- ✓ Experience in suicide prevention programs.
- ✓ Experience in sensory integration therapy.
- ✓ Individual and group sessions in relaxation techniques, social skill training and cognitive rehabilitation
- ✓ Group intervention for chronic patients with schizophrenia, mood disorders and in de-addiction centres.

Executive Counsellor, TVS Sundram Campus and Velicham Counselling Centre (Arogya welfare Trust) since 2016.

1. Organizing the Happy home session for primary parents.
2. Imparting Life Skills to the student community and offering Counselling services provided to students, parents and Teaching/ Non-Teaching staff personnel who meet it.
3. Family enrichment to escalate between parent-child relationship
4. Conducting sessions for Teachers on topics like Coping Skills, Stress Management, Balancing Profession and Family life, Understanding the digital natives and Emotional Intelligence.
5. Life skill trainer in THE TVS School

Professional experience at TTK Hospital & Research Foundation, UNODC, Young Buzz

1. Rendered my service as a **Clinical Psychologist (Project Head)** at NRHM-Pilot Project-Dindigul District & M.S.Chellamuthu Trust and research foundation between 2012 and 2016.
 - Provided technical support, Transmission programmers
 - The monitoring system was developed at the level for effective implementation of the Programme with various stakeholders.
 - Programme Planning Process
 - Monitoring and evaluation skills
 - Documentation
 - Preparation of Annual work plans with a logical framework
 - IQ, Learning Disability assessment.
 - Speech Assessment / Therapy given to the CP, Autism, ADHD.
2. Rendered my service as a **Clinical Psychologist (Event Manager) at the Young buzz in Pune.2007 to 2012**
 - ✓ A Study Skills Development “ TRAINER” for School students (Freelancer)
 - ✓ Worked as a Trainer in a program (Study skills training for Standard Ten and Twelve, academically backward students) organised by the University of Madras and Unique Research & Development Centre. Chennai.
 - ✓ Career Development Event Management.
 - ✓ Professional Development and Career Counseling Program Student Assessment Report.

- ✓ Conducting classes at school and college educates the transporter about orientation, personality, attitude, goal setting, motivation, tests, etc. to get rid of.
3. Rendered my service as an Executive Counselor (Project Head) at TTK Hospital & Research Foundation from 2006 to 2007.
- ✓ Handling Individual and Group Counseling for Drug & Alcohol addicts.
 - ✓ Conducting Classes to educate the addicts to get rid of addiction.
 - ✓ Conducting Group Therapy programs to make the addicts recover on their own.
 - ✓ Handling Care Medicines and HIV records.
 - ✓ Provided technical support, networking and capacity building to ensure a systematic, strategic and rapid response.
 - ✓ School AIDS Education Programme.
 - ✓ Conducting Relaxation Techniques (JPMR) for the addicts

Key Skills: Strong motivational skills, proactive engagement style, teamwork, collaborative interpersonal relationships and strong communication skills.

Training Programs Attended:

- ❖ A four days Training Program conducted by UNODC on “ Prevention of Transmission of HIV among drug users in SAARC Countries” at TTK, Chennai
- ❖ A three days Training Program on “Oral Substitution- Buprenorphine prevention of Transmission of HIV among drug users in SAARC Countries” in Delhi
- ❖ A one-day Training Program on “Cognitive Behavioural & Relapse Prevention Strategies” Chennai.
- ❖ A one-day Training Program on “Psychosocial Treatment Interventions” Chennai.
- ❖ A one-day Training Program on “Drug Addiction and Basic Counselling Skills”.
- ❖ A one-day Training Program on “Addiction Severity Index (ASI) the Treat net Version” Chennai.

Educational Credentials:

- Diploma in Counselling Psychology at Madras University.
- Diploma in Mental Health Services at Presidency College.
- M.sc, in Psychology at Presidency College.