

# RESUME

**PRIYA MAGESH**

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## Objective:

To expose my knowledge, skills, commitment and experience in teaching, counselling and research that build on my skills with diligence, highly persuaded and motivated for teaching profession and to enhance my counseling skills ,professional knowledge and my passion for research in the field of psychology.

## Areas of Interest:

- Child mental health and Adolescent Problems
- Human resource management
- Cognitive functions in clinical population
- Psychological problems in Women.
- Psycho social problems of Elderly.

## Educational Qualification:

- Bachelor of Science in Allied health Sciences.
- Master of Science in Counselling and Psychotherapy
- Master of Science in Psychology
- Master of Philosophy in Psychology
- Registered for Doctorate in Psychology (Awaiting for Viva voce)

## Strengths:

- Dedicated and dynamic professional with demonstrated capability to exercise initiative, accept challenges and apply creative ideas to overcome obstacles.
- Efficient in performing Psychometric Assessments.
- Good knowledge of research practices brought about by observing and working with research assistants while at university.
- Expertise in organizing and conducting training and workshops in corporate.

## **Key Skills:**

- Professional Psychological Counselor.
- Good in performing Counselling, behavior modification and crisis intervention to adults.
- Advise clients on how they could be helped by counselling.
- Counsel individuals, groups or families to help them understand problems, define goals and develop realistic action plans.
- Counselling with emphasis on prevention, working with individuals and groups to promote optimum mental health.
- Helping individuals deal with addictions, substance abuse, family, parenting and marital issues, suicide, stress management, problems with self-esteem and issues associated with aging and emotional health.
- Encouraging clients to express their feelings and discuss what is happening in their lives and help them develop insight in to themselves and their relationships.
- Guiding clients in the development of skills and strategies for dealing with their problems.
- Counselling clients to assist in adjustment to life and making changes.
- Maintaining confidentiality of records relating to client.
- Refer clients to specialists or to other institutions for non-counselling treatment of problems.
- Excellent communicator who thrives on working in a multi-disciplinary team, striving to deliver results within deadlines- Able to confront complex problems logically and analytically.
- Able to multi-task, and work under tight deadlines.
- Good interpersonal, communication and collaborative skills.
- Profound ability to interact with a diverse constituent population.
- Professional demeanor and warmth towards research participants.
- Proficient in Microsoft Office applications – Word, Excel, PowerPoint.
- Excellent Communication and Presentation skills.
- Good Analytical and Problem-Solving skills.
- Good ability to work in a team.

## **Professional experience:**

- Worked as “**Counselling Psychologist**” in MANASHA- Deaddiction Centre. Chennai.
- Worked as “**Counseling and Placement Officer**” in D.R.B.C.C.Hindu College, Chennai.

- Worked as a part time “**Life skills Trainer**” for Corporation school project of Government of Tamilnadu.
- Worked as a “**Project Assistant**”,for an UGC project under,Dr.Latha Sathish,Research Scientist-B, which includes assessment, data-collection, data-analysis and providing Intervention.
- Worked as a “**Assistant Professor**”, in Department of Counselling Psychology, Madras School of Social work,Egmore,Chennai from 2009 to 2014.
- Currently working as ‘**Assistant Professor and Head of the Department at Department of Psychology**, , Madras School of Social work,Egmore,Chennai from 2015 to till date.
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#### **Training:**

- Performed **Internship** at Vocational Rehabilitative Centre for Handicapped, Guindy, Chennai.
- Performed **Case studies** at Juvenile Guidance Bureau, Kellys, Chennai.
- Participated in **Psycho diagnostics** at Department of Psychology, University of Madras (2008), Chennai.
- Participated in **Life skills development programme** conducted by Department of counseling psychology (2009), Madras school of social work, Egmore,Chennai.
- Attended a workshop on “**Myers Briggs Type Indicator**” conducted by Department of Psychology, University of Madras (2012),Chennai.

#### **Paper Presentations:**

- I. Presented a Research Paper On “**Cognitive functions and Psychological states among Coronary and diabetic patients and the impact of psychological intervention**”. in International symposium and conference of Genetrology and Geriatrics and 14th Biennial meeting of the association of Gerontology, S.V.University, Tirupati (2008).
- II. Presented a Research Paper “**A study on the effect of Life skills training on self-esteem, Interpersonal behavior and anxiety among adolescents**” in National seminar on ,”Well being across lifespan, organized by Department of Psychology, Ethiraj College for Women, Chennai (2012).

- III. Presented a Research Paper on **“A study on the effect of Life skills training on self-esteem among adolescents”** in the International conference on the theme, what moves the growth? Challenges and opportunities in management, engineering and health sciences, University of Pune (2013).
- IV. Presented a Research Paper on **“A study on the attitude towards physical attractiveness in adolescents”** in the International conference on the theme, what moves the growth? Challenges and opportunities in management, engineering and health sciences, university of Pune (2013).
- V. Presented a research Paper on, **“A study on the impact of art therapy intervention on anxiety and anger among alcoholic patients”**, in the International conference on the theme, what moves the growth? Challenges and opportunities in management, engineering and health sciences, university of Pune (2013).
- VI. Presented a Research Paper on, **“A study on the attitude towards Deliberate self-harm in adolescents”** in the International conference on the theme, what moves the growth? Challenges and opportunities in management, engineering and health sciences, university of Pune (2013).

#### **Paper publications:**

- I. Published a Research Paper on **“Cognitive functions and Psychological states among Clinical Population”**, in The Journal of the Indian Academy of Applied Psychology, January 2010, 36 (1) bearing ISSN 0019-4247.
- II. Published a Research Paper on **“Cognitive failure and anxiety among college students-a scope for intervention”**, in Indian Journal of community psychology, January 2011, 7(1) bearing ISSN 0974-2719.
- III. Published a Research Paper on **“A study on the effect of Life skills training on self-esteem among adolescents”** in International journal of contemporary research in management, engineering and health sciences, February 2013, 1(1) bearing ISSN 2320-1185.
- IV. Published a Research Paper on **“A study on the effect of Life skills training on self-esteem, Interpersonal behavior and anxiety among adolescents”** in Humanities and social science studies, March 2013, 2(1) bearing ISSN 2319-829X.

- V. Published a Research Paper on **“A study on the attitude towards physical attractiveness in adolescents”** in International journal of contemporary research in management, engineering and health sciences, April 2013, 2(2) bearing ISSN 2320-1185.
- VI. Published a Research Paper on, **“A study on the impact of art therapy intervention on anxiety and anger among alcoholic patients.”** in International journal of contemporary research in management, engineering and health sciences, April 2013, 2(2) bearing ISSN 2320-1185.
- VII. Published a Research Paper on **“A study on the attitude towards Deliberate self-harm in adolescents”** in International journal of contemporary research in management, engineering and health sciences, April 2013, 2(2) bearing ISSN 2320-1185.
- VIII. Published a conceptual Paper on **” Mental retardation –A review of the genetic causes”** in Excellence International journal of education and research, December 2013,1(4) bearing ISSN 2322-0147.
- IX. Published a Research Paper on, **“A study on the attitude towards Adventure seeking behavior in adolescents”** in Humanities and social science studies, December 2013, 2(4) bearing ISSN 2319-829X..
- X. Published a Research Paper on, **”A study on the impact of spiritual Intervention on Spiritual intelligence and life satisfaction among teachers.”** in Indian Journal of Positive Psychology ,December 2013,4(4), bearing ISSN 2229-4937.
- XI. Published a Research Paper on,**”A study on the effect of Interpersonal skill intervention on depression among alcoholic patients”**. in Indian Journal of Health and Well being, January 2014,5(1), bearing ISSN 2229-5356.
- XII. Published a Research Paper on, **“A study on the impact of Media violence exposure on Aggression,Anxiety and Hostility among adolescents students”** in Humanities and social science studies, March 2014,3(1) bearing ISSN 2319-829X.
- XIII. Published a Research Paper on, **“A study on the effect of Psychological Intervention on Test anxiety among male adolescents students”** in Humanities and social science studies, June 2014,3(2) bearing ISSN 2319-829X.

- XIV. Published a Research Paper on, “**A Study on Relationship between Forgiveness, Gratitude and Subjective Well-Being among Adolescents**” in The International Journal Of Humanities & Social Studies, October 2014,2(10) bearing ISSN 2321-9203.
- XV. Published a Research Paper on, “**A study on the effect of Psychological Intervention on Self-esteem and Assertiveness among bullied adolescents**” in Humanities and social science studies, December 2014,3(4) bearing ISSN 2319-829X.
- XVI. Published a Research Paper on, “**Cognitive quality of life in Diabetes mellitus-Implication for Cognitive assessment and Rehabilitation**” in International Journal of Medical and Biomedical sciences, December 2014,2(4) bearing ISSN 2315-9954.
- XVII. Published a Research Paper on, “**A study on Sense of Humour and Psychological well being among young and middle adults**”, in International Journal of Humanities and social science studies, April 2015,3(4) bearing ISSN 2321-9203.
- XVIII. Published a Research Paper on, “**Irrational beliefs, Attachment styles and Marital Adjustment among Married couples across Religions**”, in Humanities and social science studies, June 2015,4(2) bearing ISSN 2319-829X.
- XIX. Published a Research Paper on, “**Empathy and Subjective well- being among young adults**”, in International Journal of Psychology and Education, July 2015,2(11/2) bearing ISSN 2321-8606.
- XX. Published a Research Paper on, “**Health Behaviors**”, in EPH - International Journal of Medical and Health Science January,2018, (4), 1bearing ISSN 2456 - 6063.
- XXI. Published a Research Paper on “**Spirituality, Death Anxiety, Transliminality among Middle Aged Adults**”, in International Journal of Science and Research (IJSR), <https://www.ijsr.net/archive/v7i10/ART20191616.pdf>, Volume 7 Issue 10, October 2018, 178 – 181.
- XXII. Published a Research Paper on “**Attitude on Postpartum Depression among Women**”, in International Journal for Research in Social sciences and Humanities, Volume 5, Issue 3, March 19, bearing ISSN 2208- 2697.

**Personal details:**

- Marital Status : Married
- Languages Known : English, Tamil

- Address : Priya's Casita, Flat No- 703,  
Hibiscus Block, Alliance Orchid Springss,  
No 54,Alliance Canal road, Korattur (North)  
Chennai-600076.Tamil Nadu, India.

**Declaration:**

I hereby declare that all the above, information are true to the best of my knowledge.

**Place** : Chennai

**Date** :

PRIYA MAGESH