

**Name: Ms. Sona Varghese**

**Academic Qualification: M.Sc., UGC-NET**

**Experience: Clinical: 5 months Teaching: 1 year and 6 months**

**Specialization: Clinical Psychology**

**Email: sona@mssw.in**

**Education:**

- M.Sc. Applied Psychology (specialization in clinical psychology) –Central University of Tamil Nadu, 2020
- B.Sc. Psychology – Sahrdaya College of Advanced Studies, Calicut University, 2018

**Professional Experience:**

- Psychologist, Mindful Rejuvenation- Centre for De addiction and Psychiatry, Alphonsa Hospital, Karukutty, Angamaly, Kerala, 2020.
- Assistant Professor, Department of Psychology- Sahrdaya College of Advanced studies, Kodakara, Trissur, Kerala, 2021.
- Assistant Professor, Department of Psychology- Sree Narayana Guru College, K G Chavadi, Coimbatore, Tamil Nadu, 2021.
- Assistant Professor, Department of Psychology, Patrician College of Arts and Science, Tamil Nadu, February 2022 – August,2022.
- Assistant Professor, Department of Family Counselling, Madras School of Social Work, Tamil Nadu, August,2022- till now

**Teaching Experience:** 1year and 6 months

**Research Papers:**

- Published Paper “Self-Esteem and Psychological Wellbeing among Transgender Individuals” Indian Journal of Human Relations , vol. 52 (2), July-December, 2018.
- Awarded best Paper for “Self-Esteem and Psychological Wellbeing among Transgender Individuals” National Seminar organized by Research and Post Graduate Department of Psychology, Union Christian College, Aluva, Kerala,2018
- Suicidal Ideation and Forgiveness among Emerging Adults s (*PG Thesis, unpublished*)

**Workshop/Seminar/Conferences Attended:**

1. Participated in IPR awareness/training program under the special mission called “National Intellectual Property Awareness Mission (NIPAM)” conducted by office of Controller General of Patents, Designs and Trade Marks, on 22/03/2022.
2. Participated in 2 days FDP on e-Resources organized by library committee of patrician college of Art and Science on 24th and 25th February 2022

3. Participated in Faculty Development Program on Advanced Concepts of Outcomes-Based Education organized by Inpod on 4th April to 8th April, 2022.
4. Conducted a workshop on Research methodology, Series 13: Chi-Square test organized by SSS Shasun Jain college for women Chennai, 2021
5. Participated in National level webinar on “Social Resilience: A way out of pandemic crisis” by Department of Psychology & Department of Social work Sree Narayana Guru College, 2021.
6. Participated International Virtual workshop on “Moving from Student life to Corporate Life”– organized by Department of Psychology & Department of Social work, Sree Narayana Guru College, 2021.
7. Participated Webinar on “Fundamental Rights of Indian Citizens” – organized by Department of Psychology Sree Narayana Guru College, 2021.
8. Participated in workshop on NAAC RAF criterion review- organized by IQAC, Sahrdaya College of Advanced studies, 2020.
9. Participated in state level webinar on “Probation and After Care System, Nervazhi Project- Jeevad foundation, 2020.
10. Participated in 3-day internship on expressive arts based therapy –by department of mental health and behavioural science- fortis health care limited, 2020.
11. Participated in the workshop on “SPSS” organized by Department of Applied Psychology, Central University of Tamil Nadu, 2019.
12. Participated in the workshop on “Test construction” organized by Department of Applied Psychology, Central University of Tamil Nadu, 2020.
13. Participated in the workshop on Counseling Skills organized by Santhwana – Institute of Counselling and Psychotherapy, 2018.
14. Presented Paper “Self-Esteem and Psychological Wellbeing among Transgender Individuals” National Seminar organized by Research and Post Graduate Department of Psychology, Union Christian College, Aluva, Kerala, 2018
15. Clinical Internship at Louise Mount Hospital, Wayanad, Kerala, 2018.
16. Clinical Internship at SH Hospital Idukki, Kerala, 2020.
17. Clinical Internship at Government Mental Health Centre, Trissur, Kerala, 2017.

**Courses Completed:**

1. Completed a certificate course on Counseling and Guidance offered by Central University of Tamil Nadu 2019.
2. Completed an online course on Covid-19: helping young people manage low mood and depression from University of Reading.