

+919566143966

aishugopi0908@gmail.com

Chennai, India

AISHWARYA L N

Psychologist

ABOUT ME

- A passionate psychologist who would like to explore various fields of psychology.
- 1000+ hours of Counselling Sessions.
- Has experience in working with children and adolescents.
- Has experience in special education.
- Currently practising Counselling at health care industries.
- Psychotherapist (predominantly practising CBT, REBT AND SFBT).
- An Art Therapist. Child Psychologist.
- Founder of Elements to enrich life, an online psychological support services.
- Area of Interest: Metaverse, Educational Psychology, Child Psychology, Psychological Training and Development, Parenting.
- Class second in UG course.
- School Topper in SSLC

WORK EXPERIENCE

- January 2024- Present

Safeguard Family-Myndwell Pvt Ltd, Adyar

Senior Consultant Psychologist

Working as a corporate psychologist at Myndwell office, a wing Safeguard Far Pvt Ltd. I am working in a project associating with IIT MADRAS.

- Aug 2021- Dec 2023

Vijaya Medical and Educational Trust, Chennai

Counselling Psychologist

Heading the department of psychology. Handling individual counseling cases. Implementing therapy plan and procedures. Handling HIV counselling. Conducting mental health care programs and soft skill training for employees. Doing Behaviour therapy for children with special needs.

- 2017-2021

Sriram Speech and Hearing Clinic, Chennai.

Behaviour Therapist and Child Psychologist

Conducting assessment for children with special needs and doing individualized behaviour therapy program for kids. Handling parental counselling.

- 2017-2018 (PartTime)

Sadhava Counselling and Training Services, Chennai.

Counsultant School Counselling Psychologist

Assessing children who have behaviour issues and planning individual interventions and therapy. Conducting Group sessions and class room management program for teachers.

EDUCATION

Bachelor of Science

Justice Basheer Ahmed Sayed College for women

2012-2015

Master of Science

Justice Basheer Ahmed Sayed College for women

2015-2017

EXPERTISE

-General Counselling

-Child Psychology

-Children and Adolescents Counselling

-Children Assessments and Behaviour Therapy

-Geriatric Counselling

-Parental counselling

-Soft Skill Training

-CBT

-Art Therapy

PROFESSTIONAL CERTIFICATION

-Diploma in Child Psychology
IPERC, Chennai

-Diploma in Psychotherapy and Counselling
IPERC, Chennai

-Diploma in Art Therapy
The Mind Point, India.

-CBT, REBT, CBMT PRACTIONER CERTIFICATE

LANGUAGE

English

Tamil

Telugu (only to speak)

REFERENCES

Dr. Suresh Kumar
Physiotherapist
Phone: +91 98400 94882
Mail: physur@gmail.com

Dr. Krupa V
Founder of Sriram Speech and Hearing Clinic, Chennai
Phone: +91 90250 22224
Mail: krupa1288@gmail.com