

DEEKSHAA J

Counselling psychologist

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PROFILE

Passionate and dedicated psychologist with a strong interest in Solution-Focused Brief Therapy, Art Therapy, and Transactional Analysis. Committed to fostering a client-centered approach that emphasizes strengths, creativity, and meaningful change. Enthusiastic about applying evidence-based interventions to support individuals in achieving personal growth and well-being. Eager to contribute to a dynamic therapeutic setting and continuously expand skills through hands-on experience and professional development.

EDUCATION

2024 – 2025	**PG Diploma in Counselling Psychology**	Amrita Vishwa Vidyapeetham, Coimbatore
2021 – 2023	**M.Sc. Applied Psychology**	Bharathiar University, Coimbatore
2018 – 2021	**B.Sc. Psychology**	PSG College of Arts and Sciences, Coimbatore

ACADEMIC EXPERIENCE

July 2020

Clinical Psychology Internship, Fortis Health Care (Online)

Specializing in application-based learning in assessment, diagnosis, and intervention. Developed proficiency in clinical interviewing, psychiatric disorder diagnosis, and evidence-based therapeutic approaches, including CBT, DBT, ACT, MBCT, and psychoanalysis. Gained insights into trauma counseling, psychotherapy for specific populations, and the role of psychology beyond clinical settings. Engaged in experiential learning through research analysis, daily assignments, and a self-representative case study on coping with lockdown.

Dec 2022 - Mar 2023

Chennai

Clinical Psychology Internship, Stanley Medical College and Hospital

Acquired extensive experience conducting psychometric testing for over 60 patients, including MMSE, MSE, and psychological assessments. Engaged in clinical case discussions with psychiatrists, refining diagnostic reasoning and treatment planning skills. Strengthened clinical observation, diagnostic, and assessment competencies within a multidisciplinary healthcare setting, contributing to comprehensive patient care.

Dec 2024 - Jan 2025

Coimbatore

Counselling Psychology Internship, Nitya Gurukula

Cultivated advanced counseling skills, gaining expertise in Transactional Analysis, Tai Chi Level I, suicide prevention, and crisis intervention. Engaged in counseling case supervision, analyzing therapeutic approaches and client progress. Attended specialized training sessions and explored the Holistic Model, integrating mind-body techniques. Designed and facilitated a workshop on Solution-Focused Brief Therapy (SFBT), demonstrating the ability to apply brief, evidence-based interventions effectively.

Bengaluru

Mental Health and Psychological Well Being of Adolescents Life Skill Training, NIMHANS

Gained expertise in decision-making, problem-solving, and effective communication within the context of adolescent mental health. Developed a comprehensive understanding of adolescent psychosocial development through evidence-based life skills training. Enhanced facilitation skills and the ability to design and implement structured mental health interventions for youth. Strengthened self-awareness, empathy, and interdisciplinary collaboration to support adolescent well-being.

Feb 2025 **Psychological Counselling Training, Essential Counselling Center**

Refined skills in counselling principles, ethical practices, and therapeutic interventions. Built proficiency in case history taking, mental status examination, and the assessment of common mental health issues. Strengthened abilities in rapport building, active listening, emotional recognition, non-judgmental communication, and effective questioning techniques. Expanded knowledge of evidence-based therapeutic approaches, including CBT, REBT, ACT, Gestalt Therapy, Solution-Focused Brief Therapy, Behavior Modification Techniques, Mindfulness, relaxation techniques like JPMR, guided visualization and Indigenous Counselling Methods.

SKILLS

- Effective Communication
- Adaptability and Patience
- Empathy
- Critical Thinking
- Rapport - Building
- Interdisciplinary Collaboration
- Psychometric Assessments
- Life Skills Facilitation
- Counselling and Student Support
- Workshop Facilitation
- Report Writing
- Crisis Intervention

CERTIFICATIONS

Fortis Mental Health — Art in Therapy, Music and Movement in Therapy, Sports Psycholohy, Psycho Oncology, Psychotherapy, Positive psychology

NPTEL — Stress Management

NPTEL — Consumer Behaviour

Nitya Gurukula
SANGAM 2025 — Regulating & Refining internal and external connection for balance & harmony

RESEARCH AND LEADERSHIP EXPERIENCE

Dissertation Project — Conducted a correlation study on Academic Integrity, Self-Esteem, and Parenting Style, examining the psychological factors influencing academic ethics. Designed and administered psychological assessments to analyze behavioral patterns and cognitive influences on integrity. Applied statistical methods to evaluate correlations and interpret findings, contributing to research on parental influence and self-perception in academic settings. Developed research proficiency in data collection, analysis, and interpretation, strengthening skills in critical thinking and scientific inquiry.

Team Lead
Symposium at Amrita Vishwa Vidyapeetham

Led key operational domains, overseeing sponsorship, marketing, registrations, cultural programming, and administrative functions to ensure efficiency and seamless event execution.

INTEREST AND HOBBIES

- Singing
- Classical Dancing
- Tai chi
- Travelling
- Journaling
- Baking / Cooking

REFERENCE

References available upon request