

DHEEKSHITHA. R

7708097002 dheekshitharajaram2209@gmail.com

PROFILE

Passionate and dedicated English teacher with a strong academic background in English literature and language. Skilled in engaging students through interactive and creative teaching methods. Adept at fostering a love for literature and language while enhancing students' communication, writing, and critical thinking skills. With specialized training in counseling psychology, I seamlessly blend my role as an English teacher with that of a student counselor, providing holistic support to students' academic and emotional well-being. Committed to creating a positive and inclusive learning environment to encourage student growth and success.

EDUCATION

2024 - 2025	**PG Diploma in Counselling Psychology**	Amrita Vishwa Vidyapeetham, Coimbatore
2022 - 2024	**M.A English Language and Literature**	Amrita Vishwa Vidyapeetham, Coimbatore
2019 - 2022	**B.A English Literature**	Avinashilingam Institute of Home Science and Higher Education for women, Coimbatore

SKILLS

- English Literature & Language Instruction
- Lesson Planning & Classroom Management
- Creative & Academic Writing
- Conflict resolution and problem-solving abilities.
- Active listening
- Strong verbal/nonverbal communication
- Patience and adaptability in diverse counseling settings
- Rapport-building and trust development with clients

ACADEMIC EXPERIENCE

Dec 2024- Jan 2025
Coimbatore

Counselling Psychology Internship at Nitya Gurukula Holistic People Work Enterprise.

Developed a comprehensive understanding of holistic well-being, integrating physical, emotional, cognitive, social, spiritual, and environmental dimensions. Skilled in establishing structured counselling agreements, defining goals, and maintaining ethical boundaries. Engaged in supervised training, analyzing real-life cases to refine practical counselling skills. Specialized in crisis intervention, including suicide prevention (Prana calls) and intervention protocols. Proficient in diverse counselling techniques, focusing on non-violent communication and Transactional Analysis. Explored the psychological impact of physical spaces on mental health and integrated mindfulness-based techniques like Tai Chi for emotional resilience and stress management.

Oct 2024 - Mar 2025

Gestalt Psychotherapy, Udemy

Skilled in applying Gestalt therapy techniques such as the Empty Chair Technique and Repetition & Exaggeration to enhance client self-awareness and emotional processing. Experienced in utilizing experimental interventions to foster insight and behavioral change in therapy sessions. Proficient in integrating mindfulness-based approaches to promote emotional regulation and present-moment awareness. Additionally, experienced in guiding clients through the resolution of unfinished business, helping them achieve psychological healing and closure.

Feb 2025 **Counselling Training, Essential Counselling Centre**

Coimbatore

Completed comprehensive counseling training in the assessment and intervention of PTSD, anxiety, phobias, OCD, mood disorders, substance use disorders, and personality disorders. Gained expertise in various therapeutic approaches, including Gestalt Therapy, Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Solution-Focused Brief Therapy (SFBT), Mindfulness-Based Interventions, and Acceptance and Commitment Therapy (ACT). Developed proficiency in evidence-based relaxation techniques such as Jacobson's Progressive Muscle Relaxation (JPMR) and guided visualization to enhance emotional regulation and stress management in clients.

CERTIFICATIONS

Intern at Nitya Gurukula	Basic Counselling Skills,training on Tai Chi, Transactional Analysis
Gestalt Psychotherapy in Udemy	Training on the various Gestalt techniques like Empty chair, exaggeration, repetition, Dream work, guided imagery and fantasy
Training at Essential Counselling Centre	Training on the various therapeutic techniques like CBT, REBT, ACT, SFBT and gestalt therapy.

INTERESTS AND HOBBIES

- Teaching and workshops
- Mindfulness and Meditation
- Reading Books
- Poetry Writing
- Travel & Exploration

WORKSHOP AND SPONSORSHIP EXPERIENCE

Workshop

Designed and facilitated an in-depth workshop on Gestalt therapy, covering core principles and various therapeutic techniques. Provided live demonstrations, including the Empty Chair Technique, to enhance experiential learning.
Led an interactive workshop on premarital counseling, educating participants on relationship dynamics, communication strategies, conflict resolution, and psychological preparedness for marriage. Conducted sessions in both classroom and professional settings, ensuring a practical understanding of therapeutic approaches in relationship counseling.

Sponsor team member, Symposium at Amrita Vishwa Vidyapeetham:

Served as a team member of the sponsor team and assisted in securing sponsorships, coordinating with potential partners, and managing sponsorship-related logistics for the symposium. Contributed to event planning and execution, ensuring a successful and well-supported academic gathering.

REFERENCE

References available upon request