Athira Baiju Mohan

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PROFESSIONAL SUMMARY

Compassionate and skilled psychologist with extensive experience in behavior management, emotional support, and crisis intervention. Adept at creating safe and nurturing environments that foster children's emotional, cognitive, and social development. Proficient in conducting assessments, developing individualized intervention plans, and collaborating with families and multidisciplinary teams to support each child's well-being. Experienced in handling complex cases, including trauma, anxiety, and behavioral challenges, with a strong commitment to ethical practice and evidence-based approaches.

KEY SKILLS

- Interpersonal skills
- Communication
- Rapport Building
- Empathy
- Resilience
- Active listening
- Writing reports
- Observation
- Computer Literacy MS Office(Word, Power point and Excel)

EDUCATION

University of Greenwich | Greenwich, London, UK | MSc Child and Adolescent Psychology | Sep 2021 – Sept 2022 |

- Child and Adolescent Psychology in Practice, Current issues in Child and Adolescent Psychology, Development of Delinquency and Psychopathy, Developmental Disorders of Language, Learning and Cognition, Core Research Methods and Analyses.
- Awarded First Class with Distinction
- **Placement** as Educational Mentor
- **Dissertation**: The Impact of Childhood Trauma on Depersonalization and its Associated view on Self Perception

Avinashilingam Institute for Home science & Higher Education for Women | Coimbatore, Tamilnadu, India | BSc Psychology| June 2018 – June 2021 |

- **Gold Medalist**
- **Awarded with Scholarship**
- Physiological Psychology, Developmental Psychology, Cognitive Psychology, Social Psychology, Health Psychology, Positive Psychology, Abnormal Psychology, Rehabilitation Psychology, Organizational Behaviour, Counselling Psychology, Research and Statistics
- Thesis: The Impact of Parent Relationship on College Students-The Indian Perspective.

Krishna Nursing Home | Coimbatore, Tamilnadu, India | Diploma Advanced Medical Psychology| June 2019 – June 2020 |

- First Class with Distinction
- Counselling and Psychotherapy, Clinical Psychology and Medical Psychology.
- Practical experience dealing with patients of various disorders (Substance abuse, Alcohol dependency, Dissociative disorder etc.,) conducting Mental Status Examination (MSE).

Premier Vidya Vikash Matric Higher Secondary School | Coimbatore, Tamilnadu, India | HSC | June 2017- May 2018 |

- **Overall Percent of 90.5%.**
- Biology, Maths, Physics, Chemistry and English.

WORK EXPERIENCE

IBDP Psychology Teacher |The Indian Public school| Coimbatore, Tamilnadu, India | Present |

- Designed and delivered the IBDP Psychology curriculum, creating unit plans and detailed course outlines aligned with IB standards and assessment criteria.
- Integrated the IB Learner Profile, Approaches to Teaching and Learning (ATL), and inquiry-based learning strategies to foster critical thinking and research skills.
- Developed and documented key DP academic policies and contributed articles and updates to the DP newsletter, strengthening programme communication and visibility.
- Built foundational knowledge and resources to support Theory of Knowledge (TOK) integration, collaborating with the TOK coordinator to connect psychological concepts to TOK themes.
- Prepared to mentor students for the Extended Essay (EE) by understanding IB research requirements, ethical guidelines, and assessment criteria, and by creating reference materials and guidance plans.

- Maintained a thorough understanding of IBDP philosophy, assessment practices, and programme operations to ensure compliance with IB requirements and to deliver high-quality teaching.
- Organized and facilitated formative and summative assessments, data analysis, and feedback sessions to drive student achievement and reflection.

Psychologist | Government Victoria College | Palakkad, Kerala, India | February 2025- April2025 |

- Interviewed, observed, and surveyed students to gain necessary information through Mental Status Examination (MSE)
- Increased client satisfaction by maintaining a compassionate, non-judgmental environment during therapy sessions.
- Managed caseload of individual clients, and family therapy sessions.
- Developed customized intervention plans for clients, addressing their unique psychological needs and goals.
- Facilitated psychoeducational workshops for students, teachers and families, increasing understanding of mental health issues and available resources and group therapy sessions focusing on specific topics such as stress management, coping skills development, or relationship building techniques for improved interpersonal functioning.
- Implemented cognitive-behavioural techniques tailored towards each student's specific symptomatology while monitoring progress, and through the integration of mindfulness-based interventions and relaxation techniques into therapeutic sessions.

Behaviour Mentor| Newbridge Lower School | Romford, London, UK| September 2024 – January 2025 |

- Developed trust-based relationships with students through active listening and empathetic communication.
- Developed and implemented individualized behaviour management strategies, provided one-on-one support, and formulated IEP (Individual Educational Plans) based on their challenges
- Collaborated with teachers, parents, and external professionals to address behavioural challenges and support students' social and emotional development
- Managed classroom behaviour effectively, creating a positive learning atmosphere conducive to academic success.
- Facilitated activities in small groups to reinforce concepts taught by class teacher**.**

Education Assistant/ Positive Behaviour Support | John F Kennedy School | Plaistow, London, UK | March 2023 – May 2024|

- Through evidence-based strategies, supported students with special needs in overcoming challenges, fostering their academic and social development.
- Managed behaviour effectively through clear expectations, consistent consequences, and proactive interventions for disruptive situations.
- Documented student behaviours, interventions, and outcomes to enable lead teacher to address pertinent issues.
- Collaborated with teachers and external professionals in development of Individualized Education Plans (IEPs)
- Conducted functional behavioural assessments to identify underlying causes of challenging behaviours and created effective behaviour intervention plans accordingly.
- Assisted in crisis response efforts, ensuring timely interventions for at-risk students while maintaining a safe learning environment.

Teaching Assistant | Willow Dene School | Woolwich, London, UK | September 2022 – January 2023|

- Experienced as a Teaching Assistant adept at fostering positive student-teacher relationships, promoting growth mind-sets, and facilitating the acquisition of essential skills
- Proficient in supporting classroom activities, integrating technology, and maintaining a conducive learning environment
- Skilled in personalized student support, behaviour management, and collaboration with educators
- Provided one-on-one tutoring sessions for struggling students, leading to increased understanding and improved grades.

CONFERENCE & WORKSHOP

- **International Conference cum Workshop on Psychotherapy and Counseling in Irinjalakuda, Kerala, India.**
- **XXIV Annual Convention organized by the department of Applied Psychology, University of Pondicherry, of the National Academy of Psychology, India.**
- **International conference on making psychology deliverable to society.**
- **Two Days Workshop on Healing the Inner Child.**
- **National Conference on Recent Trends in Psychotherapy.**
- **Two Days Student Workshop on Client Centered Therapy/Subconscious Therapy.**
- **Two Days Student Workshop on CBT/Women Psychology.**
- **Webinar on Qualitative Research.**