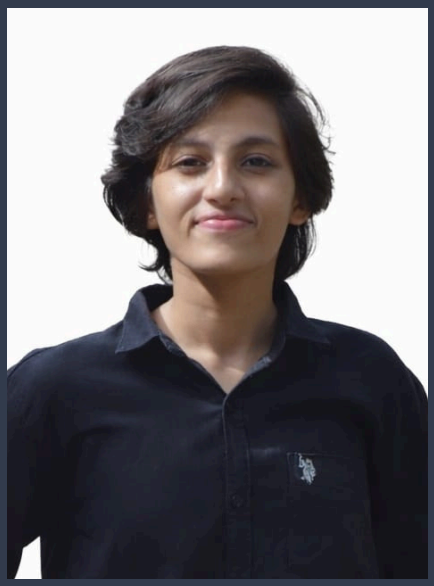
+91 8778144244
habibahabee15@gmail.com
https://linkedin.com/in/a-s-noor-habeeb a-3128ab27a



SKILL

- Child & Adolescent Counselling
- Emotional & Behavioural Assessments
- Individual & Group Therapy
- Academic & Career Guidance
- Crisis & Trauma Intervention
- Parent & Teacher Collaboration
- Psychoeducation Programs

LANGUAGE

- English (Fluent
- Tamil (Fluent)
- Malayalam (Fluent)
- Arabic (Basic)

UMMA HABIBA

Psychologist

PROFILE

Dedicated and Empathetic Psychologist with nearly 3 years of specialized experience championing student mental health and academic excellence. Proven track record of supporting diverse learner populations across **CBSE, ICSE, IGCSE, Matric, and Higher Education (College/NEET/JEE)**. Expert in delivering evidence-based counseling, targeted behavior modification, and comprehensive psychoeducational assessments. A collaborative communicator skilled at bridging the gap between students, educators, and parents to cultivate inclusive, high-performance learning environments.

EDUCATION

M.Sc Counseling & psychotherapy
Anugraha institute of Social Sciences, Madurai Kamaraj University | Madurai | Jan 2023
83 %

Diploma in counselling & psychotherapy
2023

B.Sc Psychology
Anugraha institute of social sciences, Madurai Kamaraj University | Madurai | Jan 2021
70 %

HSS
Crescent Matriculation Higher Secondary School, Madurai | Madurai | Jan 2018
55 %

SSLC
Sairam Matriculation Higher Secondary School, Madurai | Madurai | Jan 2016
66.6 %

CONFERENCE / WORKSHOP

Presented a paper on 'The Impact of Chatbot Usage on Teachers' Attitudes towards Al and Their Self-efficacy'

7th APSPA International Conference, Goa on Al and the Future of School Psychology and Education
March - 2025

Presented a paper on 'The Effect of Expressive Writing on Forgiveness and Childhood Wounds among Emerging Adults: An Interventional Study'

National Conference on Break The Silence: Understanding The Mental Health Paradigm held at Sree Saraswathi College, Pollachi
March - 2024

Conducted a workshop on 'Mindfulness' among the P.G students of Department of English Language Studies

Madurai Kamaraj University
April - 2025

Conducted a workshop on 'Peer Pressure bullying and Mental Health'
Middle School, Palkalai Nagar
March - 2025

REFERENCES

Ms. V. Lourdu Brissila Mary
Assistant Professor of Psychology,
Anugraha Institute of Social Sciences,
Nochiodaipatti, Dindigul, Tamil Nadu
624003
Contact : 8838585783
E: brissillavarghese.96@gmail.com

Dr. R. Rajesh
Assistant Professor & Head Department of English Language Studies, School of English & Foreign Languages, Madurai Kamaraj University, Madurai - 21, Tamilnadu
Contact : 9489634297
Email : rajesh.english@mkuniversity.ac.in

CORESKILLS

CLINICAL: ADDICTION COUNSELING (ALCOHOL/PORNOGRAPHY), MARITAL THERAPY, CRISIS INTERVENTION.

ASSESSMENTS: EMOTIONAL & BEHAVIORAL ASSESSMENTS, IQ & PERSONALITY TESTING.

THERAPY: CBT, POSITIVE PSYCHOLOGY, MINDFULNESS-BASED STRESS REDUCTION (MBSR).

SPECIALIZED: HEALING THE INNER CHILD, NEURO-LINGUISTIC PROGRAMMING (NLP), HYPNOTHERAPY.

INTERNSHIP

Psychiatric Training
Dr. Peter Fernandez Home of Schizophrenia / Chennai / Apr 2022 - Jul 2022
During my clinical internship at Psycholab under the guidance of Dr. Fernandez, I Assisted in clinical observation and psychological assessments of individuals diagnosed with schizophrenia, bipolar disorder, and related conditions. - Understood the diagnostic criteria, behavioral patterns , and cognitive impairments associated with chronic psychiatric illness. - Participated in individual and group therapy sessions gaining exposure to various therapeutic modalities including CBT, supportive therapy, and psychoeducation. Gained insight into medication management , rehabilitation strategies, and family counseling

Counselling - Field Work
St Antony's School / Dindigul / Apr 2021 - Jun 2021
Gained insight into medication management , rehabilitation strategies, and school counseling

Psychotherapy - Field work
ITI / Dindigul / May 2022 - Jun 2022
Acquired competence and skills over Psychotherapy from the context

Positive Psychology
Anugraha Institute of Social Sciences, / Dindigul / Apr

2023 - May 2023
Got hands-on experence on anti-bullying , stress management, emotional regulation, and resilience building and positive peer relationship.

EXPERIENCE

College Psychologist

Govt. Chittur College
June 2025 – March 2026 [Present]
Provided comprehensive psychological support for diverse populations, addressing marital conflicts, alcohol and substance addiction, and pornography addiction.
Managed complex psychosocial and emotional issues through individualized therapeutic interventions.
Conducted initial screenings for psychosis and coordinated external referrals for specialized psychiatric care outside of campus.
Facilitated crisis stabilization and provided a safe environment for students and staff facing acute mental health challenges.

School Psychologist

Health Basix | Coimbatore |
Jun 2024 - Apr 2025
Provided consistent therapeutic support for students across all grade levels (KG - XII) facing complex emotional and behavioral challenges, including grief, loss, bullying, homesickness, suicidal ideation, and exam anxiety. Served as first responder in school based mental health crises intervened in suicidal ideation , ensuring safety planning and immediate psychological care. Offered grief counselling to students dealing with sudden parental loss , helping them regain emotional stability while maintaining academic continuity. Collaborated with teachers and parents to develop and implement Individualized Education Plans and behavioral intervention plan . Delivered psychoeducational workshops on topics like Anti Bullying , stress management, emotional regulation, and resilience building and positive peer relationship. Initiated follow up tracking systems to monitor student progress over months and ensure consistency in care and communication with families.

Psychologist

Life Care Health Centre | Coimbatore | Jun 2023 - Jun 2024
At Life Care Health Center, I worked closely with clients across diverse age groups, providing psychological support and therapeutic interventions. My primary focus was on diagnosing, assessing, and treating emotional, behavioral, and cognitive issues through evidence-based practices. Engaged in psychoeducation, family counseling, and follow-up care coordination.

EXTRA-CURRICULAR ACTIVITIES

Athletic Achievements

Professional Inline Skater (Record Holder)

Resilience & Discipline: Secured international recognition from the India and American Books of Records through rigorous training and a 3-hour endurance feat.

Goal-Orientation: Managed long-term athletic training schedules to meet international certification standards.

Declaration

I solemnly affirm that the particulars furnished above are true and correct to the best of my knowledge.