



Sanchana Kumar

Mental Health Therapist/ Learning Facilitator

My Contact

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Education

- **Instructional Design**
Currently pursuing certification from Middle Earth HR.
Present-May 2023.
- **Sampurna Montfort College, Bangalore.**
Masters in Psychological Counselling- 2017
- **Christ University, Bangalore**
Bachelor's Degree in Psychology, Sociology and Economics. (BA PSEco) -2015

Achievements

- Participated in an online course conducted by the Hank Nunn Institute, called Relational Psychotherapy (2020).
- Participated in a 35-hour training course on Rational Emotive Behaviour Therapy from Muktha Foundation, Bangalore (2021).
- Participated in an online course on 'Introduction to Narrative Practices', conducted by Narrative Practices, India (2022).

Skills

- Excellent Communication skills
- Team work and Collaboration
- Adhering to deadlines
- Problem Solving
- Empathic and Interpersonal skills
- Excellent writing skills

About Me

I am passionate about learning and am always keen on improving my skill set. Having worked as a mentor and facilitator for children, adolescents and adults, I have honed a keen ability to direct them towards personal growth, academic success and professional development. I adhere to the growth mindset and strive to improve in everything that I do. My ability to engage authentically with people is my greatest asset, and I cultivate meaningful relationships that help me progress personally and professionally.

Professional Experience

Special Educator
Bangalore International School
2018-present

- In-class support teacher(Middle School), under the Learning Centre in Bangalore International School, Bangalore.
- Teach English, Mathematics and Sciences to children and improve their listening, reading and writing skills using worksheets, verbal instructions, and one on one sessions.
- Work on Individualized Education Programme (IEP) on a regular basis based on the child's capabilities and current performance levels.
- Conduct one on one sessions to give individual attention to each child and work on their understanding of the concept, comprehensive abilities, spellings and grammar, mathematical formulae.
- Assist the subject teacher with projects and in- class activities.
- Interact with parents on a regular basis about the progress of the child and provide regular feedback on performance with the help of monthly reports.
- Facilitator of the Personal, Social, Health and Economic Education programme(PSHE) conducted for Middle School.
- Member of the Activity Team in BIS and played a vital role in organizing and conducting school events.

Counsellor
The Mind and Company
2020-present

Provide counselling for children and adults dealing with anxiety, depression, stress, body image, family and inter-relationship problems amongst others, using an eclectic approach.

CLINICAL CASE WORKER:
Child Behavior Therapy with Cognitive Behavior Therapy (CBT2)
Jp nagar, Bangalore.
(2017-2018)

- Worked with children aged 2-15, with Autism, Attention Deficit Hyperactivity Disorder(ADHD), Attention Deficit Disorder(ADD) and Oppositional Defiant Disorder(ODD).
- Focused on cognitive, fine motor, gross motor and sensory skills which helped improve over-all functioning.
- Developed IEP's and reviews to monitor their weekly and monthly progress.