

K.Prarthana Pai

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Work Experience:

1) Tata Institute of Social Sciences, Mumbai

Worked as a Research Associate (April 2022-June 2023) on creating “*Trans Affirmative Mental Health Care Guidelines*” which sets the stage for developing a model for providing gender-affirmative care by mental health providers in India.

Tasks/Responsibilities

- Primary and secondary data collection
- Analysis of data
- Report writing
- Dissemination of data

Link to the report: <https://tiss.edu/view/7/trans-affirmative-mental-health-care-guidelines-re/>

2) Azim Premji University, Bangalore

Working as a Counsellor (September 2020- April 2022)

Tasks/Responsibilities

- a. Addressing mental health concerns of students, faculty and the Azim Premji Foundation members.
- b. Trained peer support volunteers in providing emotional support to other students, creating another layer of support for the community.
- c. Conducted support group sessions
- d. Conducted workshops on myriad topics in the mental health space
- e. Conducted Stress Management sessions during COVID Second Wave for school teachers (coordinated through the Azim Premji Foundation)
- f. Worked on creating infographics and modules to build awareness around positive mental health
- g. Worked with SCERT (Meghalaya) to provide inputs to create a position paper on the National Curriculum Framework for Guidance and Counselling in Schools based on the National Education Policy (2020)

3) Healthcare Global Hospital (HCG), Bangalore

Worked as a Clinical Psycho-Oncologist (June 2019- December 2019)

Tasks/Responsibilities

- Engaged in providing a broad spectrum of cancer care - Diagnosis to treatment through survivorship to palliation, grief and bereavement management.
- Responsible for psychosocial screening, assessment and to provide evidence based psychosocial interventions to cancer patients and their familymembers.

Relevant Internship Experience during the course of MPhil (2017-2019) :

1) SNEHA (Society for Nutrition, Education, Health & Action), Mumbai

Worked with communities to address systemic issues of domestic violence and its Prevention

Tasks/Responsibilities

- Facilitated community awareness and redressal
- Conducted psycho educational modules for the community

2) Ummeed Child Development Center, Mumbai

Helping children with developmental disabilities to re-enter society and reach their maximum potential

Exposure to Narrative therapy, Autism therapy, Remedial education and Occupational therapy with children.

1) King Edward Hospital, Mumbai
Psychiatry Unit (Specialization- Child Psychiatry)

Tasks/Responsibilities

Conducting a wide range of psychological assessments with children and adolescents
Psychotherapy with children

2) Lokmanya Tilak Municipal Hospital, Mumbai
Psychiatry Unit (Specialization- Adult Psychiatry), Neurology Unit (Specialization- NeuroPsychology)

Tasks/Responsibilities

Case History taking, Assessments & Psychotherapy with adult cases
Conducting NeuroPsychological Assessments and facilitating 'Home based' Cognitive retraining

Relevant Internship Experience at the Postgraduate and Undergraduate level (2012-2017)

Field Placement (2017)

March to April - Observership at the Department of Psycho Oncology and Palliative Care at the Tata Medical Centre (Kolkata)

January to March- Interned at The Banyan, Chennai. Conducted group activities and individual sessions for the patients.

Field Placement (2016)

September to December- Interned at Mindzone De-addiction Centre, Chennai.

Conducted group activity sessions and administered case intakes.

June to September- Interned under Dr. Nappinnai (Family and Marital Therapist) At Prime Family, Medical Centre. Observed family and marital therapy and administered case intakes

Field Placement (2015)

December to February-Interned at The Cancer Institute (WIA) at Adyar, Chennai.

Observed sessions at the Tobacco Cessation Clinic. Attended the weekly case

conference presentations. Accompanied the palliative team for home-visits.
Attended workshops conducted by the Department of Psycho-oncology

Field Placement (2014)

April 28th June 13th -IT (Instructional Therapist) Training - Central West
Specialized Developmental Services, 53 Bond Street, Oakville, Ontario, Toronto.
Trained as a Behaviour Therapist Worked with a dually diagnosed individual in a
group home setting Chose target behaviour and implemented a treatment plan to
decrease the inappropriate behaviour.

January 6th - February 20th -IT (Instructional Therapist) Training - Erinoak Kids
Centre for Treatment and Development, 2695 North Sheridan Way, Mississauga,
Ontario, L5K 2N6

Trained as an Instructor Therapist Worked with children with autism in an IBI
setting Assisted the Instructor Therapists in conducting the ABLLS for a client.

Field Placement (2012)

June 6th - September 6th - Milestones, Autism Therapy and Treatment Centre,
Mangalore, India

Assisted the Instructor Therapist in conducting the daily sessions with the clients.
Helped with setting up the play area for the children.

Achievements at the academic and co-curricular level

- ❖ Awarded Best Outgoing student award at the undergraduation and pre-university college level.
- ❖ Conferred the 'Rajya Puraskar' award as a girl guide member of The Bharat Scouts and Guides' Movement and represented India at the 21st World Scout Jamboree at Hylands Park, Essex on the 1st of August, 2007.
- ❖ Attended the UGC sponsored National Workshop on 'Transactional Analysis and Neuro Linguistic Programming' at Periyar University, Salem, Tamilnadu (2011)
- ❖ Participated as an emcee in the cultural event of the 17th edition of the National Youth Festival held in Mangalore (2012)
- ❖ Participated in the one-day state level seminar on 'Cyber Crime' at School of Social Work , Roshni Nilaya, Mangalore (2012)
- ❖ Secured the first place in the paper presentation at the Intercollegiate level seminar on 'Women Emerging Issues' at School of Social Work, Roshni Nilaya, Mangalore

Educational Qualifications:

Degree	Year	University
Master of Philosophy (M. Phil in Applied Psychology With specialization in clinical and counselling practice)	2017-2019	TISS
Masters in Counselling Psychology	2015-2017	Banyan Academy of Leadership in Mental Health (BALM-Chennai) Collaboration with TISS-Mumbai.
Behaviour Science	2013-2014	George Brown College, Toronto, Canada

Bachelor of Arts	2010-2013	School of Social Work (Roshni Nilaya, Mangalore, Karnataka)
St. Agnes Pre-University College	2008-2010	St. Agnes PU College,
ICSE (CLASS X)	2008	Coorg Public School, Kodagu, Karnataka

Volunteership

- ✓ English Teaching Volunteer at the Make a difference Foundation, India June 2009-
June 2013 - Awarded best teaching volunteer at Make a Difference Foundation.
- ✓ Spastics Society of Karnataka- Bangalore, August 2014 to January 2015
- ✓ Engaged in flood relief work during the floods in Chennai (2016) as a volunteer with the Bhoomika Foundation , Chennai
- ✓ Chetana Child Development Centre (Seva Bharathi Trust), Mangalore (2019)

Skills:

- Experience in primary data collection, translation, transcription and analysis
- Strong documentation skills
- Excellent interpersonal and communication skills.
- Computer Proficiency, Knowledge of MS Excel, MS Word, MS PowerPoint
- Languages known include English, Hindi, Kannada, Konkani
- Excellent ability to facilitate one-on-one and group sessions

- Effective time management skills and ability to multitask
- Good written and verbal communication abilities
- Strong interpersonal and counseling skills
- Sound understanding of therapeutic approaches
- Passionate about helping people move toward positive mental health

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