



Joshita Kollu

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Passionate about the intersection of psychology and education, I am an aspiring school counselor and special educator driven by a fervent commitment to enhancing the academic and socio-emotional well-being of children and adolescents. With a strong foundation in child development, behavioral support, and educational advocacy, committed to fostering inclusive and supportive learning environments for all students and providing tailored support for those with special needs.

Educational Background

Manipal Academy of Higher Education

Mangalore

MSc. Clinical Psychology

2024

First Class

Christ University

Bangalore

BA Triple Majors in Communication and Media Studies, Psychology and English Literature

2022

8.6 GPA

Extra-Curricular Scholarship

Skills

- Research writing
- Interpersonal communication skills
- Psychological assessments and interventions
- Mentoring
- Time management and flexibility
- Classroom management

Language Proficiencies

- English

Full professional proficiency

- Hindi

Full professional proficiency

- Kannada

Limited working proficiency

- Tamil

Limited working proficiency

- Telugu

Native or bilingual proficiency

Work Experience

Clinical Trainee

Kasturba Medical College Hospital, Mangalore

Sep 2022-Present

- Case history, MSE, conducting assessments, case formulation, and providing 100+ hours of supervised psychotherapy at KMC Attavar Psychiatry OPD and Wenlock District Government Hospital IPD and OPD.
- Specialized in supportive therapy, CBT, behavioral activation, deaddiction, and craving management, and working with diverse cases such as depression, anxiety disorders, substance abuse, ASD, IDD, somatoform disorders, and PTSD.

Trainee Psychologist

Heart It Out

Jan 2021-Mar 2021

- Observed and co-facilitate therapy sessions under supervision, conducted seminars, social media research, and content creation

Clinical Psychology Intern

Fortis Healthcare

Jun 2021-Nov 2021

- Completed certification courses in art therapy and psycho-oncology

Behavioral Therapy Intern

Stepping Stones

Apr 2019-May 2019

- Observed Applied Behavioral Analysis sessions under a trained professional.
- Interacted with children diagnosed with Autism Spectrum Disorder and their parents.

Human Resource Intern

LUDIFU

Oct 2020-Dec 2020

- Implemented social media campaigns aimed at promoting mental health awareness
- Overlooked and managed a group of 4 interns to schedule meetings, organize files, and handle correspondence.

Volunteering

Circles of Safety

Mar 2021 - Present

Education

U&I Trust

Sep 2023 - Apr 2024

Education

Centre for Social Action (CSA)

Jun 2019 - May 2022

Civil Rights and Social Action

United Nations Volunteers

Apr 2020 - Sep 2022

Writing and Editing - Human Rights

7 Cups

Oct 2020 - Feb 2023

Mental Health

Delegate for AIESEC

Nov 2021 - Dec 2021

Arts and Culture

Psychology Tutor at UrbanPro

Aug 2021 - Apr 2022

Education

Mentor at FSL IndiaFSL India

Oct 2019 - Mar 2020

Education

Social Media and Impact InternSocial Media and Impact volunteer at Akhil Karnataka Prani Daya Sangh

May 2021 - Jun 2021

Animal Welfare

Content Editor at Antar

Aug 2020 - Jul 2021

Disaster and Humanitarian Relief

Content Developer for HairForHope India

Jun 2020 - Jul 2021

Social Services

Event Management at Bennett Coleman and Co. Ltd. (Times Group)

Feb 2020

Arts and Culture

Guest Relations at We The Women

Nov 2019

Arts and Culture

Licenses & Certification

QPR Suicide Prevention Gatekeeper Program

Issued Sep 2021

Certified Trainer to educate women on sustainable menstruation

RNisarg Foundation

Issued Nov 2020

Social Psychology with Honors Social Psychology with Honors

Wesleyan University

Issued May 2020

Specialization in Graphic Design

California Institute of the Arts

Issued Apr 2020

Fundamentals of Digital Marketing

Google

Issued May 2019