

Abhilasha Jayashankar Attupurathu (Abhilasha Narayanan)

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CAREER OBJECTIVE:

- To simplify education challenges, making a meaningful impact through accessible and innovative evidence-based solutions.
- To collaborate with stakeholders and understand their needs through research and analysis.
- To create assets such as courses, and modules, to implement better solutions.
- To work on solution quality through rigorous monitoring and evaluation

SKILLS:

- Counselling.
- Designing and conducting training modules and workshops.
- Documentation of the modules and workshops.
- Monitoring and Evaluation of the interventions.
- Collaboration with stakeholders.
- Research skills
- Using MS office

PROFESSIONAL EXPERIENCE:

Facilitator – Prajna Maitra (Self-help/support group for parents of gifted children) (September 2022-November 2023)

- Prajna Maitra is an initiative of the Jnana Prabodhini Institute of Psychology, Pune. The program is mainly conducted in Marathi. I was the facilitator for the online, English version of the program.
- My role included screening parents' suitability for the self-help/support group, and planning and conducting sessions (once in two months).

- The sessions provided parents with information regarding giftedness. It also included insight building, equipping parents to work on their parenting skills, and providing resources for parents to deal with their children.

School Counsellor- Jnana Prabodhini Navnagar Vidyalaya, Nigadi, Pune (June 2018-September 2018)

- My job profile included counselling children and parents from upper primary to secondary sections (class 5 to class 10).
- Referring children outside for psychological assessment (when required) and planning intervention programs at the school level as per the child's requirement.
- Planning activities for nurturing students with high ability.
- Conducting orientation programs/workshops for teachers, parents, and students.
- Preparing reports and documenting counselling activities in school.
- Providing recommendations and suggestions as per requirement

School Counsellor-DAV Public School, Aundh, Pune (June 2013-October 2014)

- My job profile included counselling children and parents from pre-primary to senior secondary sections.
- Referring children outside for psychological assessment (when required) and planning intervention programs at the school level according to the child's requirement.
- Conducting orientation programs/workshops for teachers and students.
- Preparing reports and documenting counselling activities in school.
- Providing recommendations and suggestions as per requirement.

Visiting Consultant – Prafula, Center for Psychological Services, Andheri-East, Mumbai (2007 to 2008)

- Job profile included psychological assessment of children (IQ tests namely the WISC, KB, VSMS) and adults (IQ-WAIS, Personality Testing-MMPI, and Projective techniques viz. the TAT and Rorschach Inkblot test).
- Explain the assessment results and the need for intervention through appropriate referral for counselling/therapy and/or pharmacological intervention.

Visiting Consultant – New Horizons Child Development Centre, Goregaon-East, Mumbai (2007 to 2008)

- Job profile included assessment of children in the areas of early childhood development (assessing developmental quotient, screening for developmental disorders e.g. Autism, ADHD), Psychological well-being (using projective techniques to check for the presence of emotional stressors), and educational difficulties (assessing the level of intellectual and educational functioning).
- Explaining the results of the assessments and the need for intervention through appropriate therapy (play therapy, behavior modification, parental counselling, and family counselling), other therapies (Physiotherapy, Occupational Therapy Speech Therapy, and Special Education), and pharmacological intervention.

Clinical Psychologist and Coordinator of Psychology Department - New Horizons Child Development Centre, Goregaon-East, Mumbai (2008 – 2009)

- My job profile as a Clinical Psychologist included assessment and providing psychotherapy (details are mentioned above).
- My job profile as a Coordinator included interaction and case discussions with other therapists (Paediatricians, Neurologists, Psychologists, Physiotherapists, Occupational Therapists, Speech Therapists, and Special Educators).
- Personnel Management, documentation of children undergoing therapy, addressing parents' grievances, communicating with referring individuals and schools, and assisting in organizing seminars and workshops.

TRAINING:

- 2006 – 2007 Practicum training as part of M.A. program in Clinical Psychology from University Department of Applied Psychology, University of Mumbai. The practicum training involved detailed history taking, administration of psychological tests, formulating a diagnosis, and based on the results, planning for further intervention which included therapy, counselling, and psychiatric/neurological referral for pharmacological intervention.
- 2022-2023. Fieldwork as part of M.A. Education, ranging from 2 weeks to 12 weeks related to Education. The aim was to understand the public schooling system, teacher professional development, and experience data collection component of research and experience teaching in the classroom.

EDUCATIONAL QUALIFICATIONS:

Course	Name of institution	Year of Completion
M. A. Education	Azim Premji University, Bengaluru	May 2024 (Awaiting results)
PG Diploma in Education of the Gifted: Methods and Strategies	University of Pune, Jnana Prabodhini's Institute of Psychology	2017-2018
Masters of Arts – Clinical Psychology	University of Mumbai	2007
Bachelor of Arts- Psychology	University of Mumbai, D G Ruparel College of Arts Science and Commerce	2005
Higher Secondary Certificate in Arts	Maharashtra State Board, D G Ruparel College of Arts Science and Commerce	2002
Secondary School Certificate	Maharashtra State Board, St. Thomas Academy	2000

RESEARCH EXPERIENCE:

- Conducted various research studies during M.A and B.A program

OTHER PERSONAL DETAILS:

- Gender: Female
- Languages known: English, Hindi, Malayalam, and Marathi.
- Other areas of interest: Music and Literature