

PAVITHRA SUBRAMANIAN

CONTACT INFO



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PROFILE

A Clinical Psychology post-graduate and esteemed member of the NCAHP (National Commission for Allied and Healthcare Professions) and Indian Association of Palliative Care, serving as a counselor. Possessing proven expertise in reiki healing, pain and palliative care, child and adolescent psychiatry, addiction rehabilitation, child rehabilitation, and Alzheimer's and dementia care, I am deeply committed to advancing these vital areas. My goal is to enhance proficiency through strategic collaboration with subject matter experts, applying academic insights to drive evidence-based practices, and championing compassionate care to empower patients on their journey to optimal mental health and recovery.

EXPERIENCE

COUNSELLOR - UNITEDWORLD INSTITUTE OF DESIGN

AUGUST 2024 - PRESENT

Provided psychosocial support and academic alignment counseling for students and families. Facilitated orientation programs by incorporating psychological wellbeing and resilience-building. Ensured student welfare through empathetic mentoring and transitional counseling techniques. Maintained detailed clinical records in accordance with professional standards.

CLINICAL PSYCHOLOGIST OBSERVER, NIMHANS (NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCE)

DECEMBER 2023 - JANUARY 2024

Conducted rapport building, case history taking, psychological screening, and detailed workups for patients with neurodevelopmental and psychiatric conditions. Assisted in patient management and participated in daily inpatient rounds, developing diagnostic skills using ICD/DSM criteria. Gained exposure to legal and ethical guidelines surrounding women's and child mental health care within clinical and neuropsychiatric settings.

COUNSELLOR - UNITEDWORLD INSTITUTE OF TECHNOLOGY

MAY 2024 - SEPTEMBER

Facilitated individual and group counseling addressing and resolving student psychological and academic concerns. Effectively communicated core requirements and provided empathetic support in parent-student counseling. Integrated and collaborated psychologically-informed strategies into orientation program content to enhance student mental makeup and resilience. Maintained confidential clinical documentation.

CLINICAL PSYCHOLOGIST INTERN, NARAYANA HRUDAYALAYA

AUGUST - OCTOBER 2023

Conducted psychological assessments including MMSE and Kübler-Ross Five Stages of Grief model; assisted in case history taking and counseling in both OPD and inpatient settings. Participated in daily clinical rounds and multidisciplinary case discussions across neurology, oncology, and palliative care units. Contributed to supervisor-led research in clinical psychology and behavioral health domains.

**CLINICAL PSYCHOLOGIST ASSISTANT,
NIGHTINGALES CENTRE FOR AGEING &
ALZHEIMER'S**

JUNE – JULY 2023

Observed neurodiagnostic evaluations and cognitive profiling for various types of dementia, including Alzheimer's, Vascular, and Mixed Dementia, with a focus on neural deterioration patterns. Engaged in Cognitive Stimulation Therapy (CST) to support neuroplasticity and cognitive functioning in geriatric patients. Contributed to research activities with the Dementia India Alliance, emphasizing neural correlates of cognitive decline and evidence-based geriatric mental health care.

**CLINICAL PSYCHOLOGIST TRAINEE,
KANORIA HOSPITAL AND RESEARCH
CENTRE**

MAY – JUNE 2022

Conducted MSEs and contributed to diagnostic evaluations using ICD-10 and DSM-5, Provided short-term counseling for cases involving Autism, ADHD, and Substance Use Disorders

**CLINICAL PSYCHOLOGIST TRAINEE,
KANORIA CHILD CARE AND REHABILITATION
CENTRE**

NOVEMBER – DECEMBER 2022

Observed and participated in therapy sessions for Autism Spectrum Disorder (ASD), ADHD, and pediatric neurological conditions. Assisted in behavioral interventions and sensory-based therapeutic techniques. Conducted Mental Status Examinations (MSEs) and gathered detailed developmental and psychosocial case histories. Gained exposure to neurodevelopmental profiles and interdisciplinary approaches to early intervention.

**CLINICAL PSYCHOLOGIST INTERN,
COGNIZAVEST (REMOTE)**

FEBRUARY – MARCH 2020

Diagnosed psychological disorders using ICD-10 and DSM-5 frameworks under supervision, Managed virtual case histories and formulated action-oriented intervention plans

EDUCATION

**MASTERS OF SCIENCE IN CLINICAL
PSYCHOLOGY,
CMR UNIVERSITY**

2021 – 2023

GOLD MEDALIST – RANK 1 IN CLASS
GPA – 3.62 (8.84 CGPA) – FIRST CLASS WITH
DISTINCTION

**HIGHER SECONDARY IN HUMANITIES,
UDGAM SCHOOL FOR CHILDREN**

JUNE 2018

GPA – 3.7 (8.9 CGPA or 84.8%)

**BACHALORS OF ARTS IN PSYCHOLOGY,
ST. XAVIER'S COLLEGE**

2018 – 2021

GPA – 3.2 (7.92 CGPA) – OUTSTANDING
EXEMPLARY

**SECONDARY SCHOOL,
SHREE NARAYANA CENTRAL SCHOOL**

MAY 2016

GPA – 3.6 (8.6 CGPA)

RESEARCH WORK

- Represented my University (CMR University) and presented a paper "ASSOCIATION BETWEEN SHIFTING PLACE IDENTITY AND EXPERIENCE OF ANXIETY AND LIFE SATISFACTION AMONG LATE ADOLESCENTS" at Christ University on a seminar "National Seminar on Mental Health on Adolescents Post Pandemic" which was well appreciated by all the seminar moderators.
- Completed an Undergraduate Research Project for Psychology Department "A STUDY ON THE RELATIONSHIP BETWEEN SELF-ESTEEM AND BODY MASS INDEX (BMI) OF FULL TIME EMPLOYED WORKING CLASS" under the Student Research Program for the year 2020-2021.

PAPER PUBLICATIONS

- Subramanian, P. S., & Das, K. (2024). Binge Watching and Mental Health Among Late Adolescence and Early Adulthood. International Journal of Indian Psychology, 12(1).
- Subramanian, P., Soni, S., & Oza, A. (2024). Gender Differences in the Relationship Between Self-Esteem and BMI in the Workplace. International Journal of Indian Psychology, 12(1).

PSYCHOLOGICAL ASSESSMENTS

- 16 P.F. questionnaire
- The Bender Gestalt Test (BGT)
- The Eysenck Personality Questionnaire (EPQ)
- The Myers-Briggs Type Indicator (MBTI)
- The Vineland Social Maturity Scale (VSMS)
- Emotional Quotient Inventory (EQI)
- The Yale-Brown Obsessive Compulsive Scale (Y-BOCS)
- A/B behavior pattern scale (ABBPS)
- NEO five- factor inventory
- Mental Status Examination
- The Seguin Form Board Test (SFBT)
- Draw A Man Test
- NIMHANS Specific Learning Disabilities (SLD) Battery
- The DPCL (Developmental Psychopathology Check List)
- Depression Anxiety Stress Scales (DASS-21)
- Medico-Psychological Questionnaire
- Bell's adjustment inventory

CLINICAL SKILLS

- Pain and Palliative Care Counseling
- Child and Adolescent Mental Health Support
- Addiction Rehabilitation and Recovery Support
- Neurocognitive Care for Alzheimer's and Dementia
- Psychosocial Support for Chronic Illness
- Compassionate Patient-Centered Communication
- Behavioral Intervention Planning
- Family and Caregiver Psychoeducation
- Trauma-Informed Psychological Support
- Evidence-Based Mental Health Interventions

LANGUAGES KNOWN

- ENGLISH
- HINDI
- TAMIL
- GUJARATI
- MALAYALAM

ACHIEVEMENTS, WORKSHOPS AND CERTIFICATIONS

- Attended 1 week only workshop by Indian Association of Palliative Care on managing psychosocial issues of patients with chronic illnesses in palliative care, December 2023.
- Attended 1 day course by Stanford Medicine on early signs of psychosis in adolescents and young adults, February 2024.
- Certification to perform CPR and AED by Nightingales Medical Trust.
- GOLD MEDALIST and 1st Ranked in my Master's course in MSc Clinical Psychology.
- Performed the role as the Class Representative for my MSc Clinical Psychology Batch 2021-2023 in CMR University.
- Made Blueprints for students which covered Attention, Mathematics, General Knowledge, Memory, Reading and Spatial Reasoning (Cognitive Map) for Kids Age – Children National Newspaper (July 2020)