

ANNA THOMAS

COUNSELING PSYCHOLOGIST

Profile

Passionate counseling psychology graduate born on 8th January 2000, female, and of Indian nationality, fluent in Malayalam, English, and Hindi. With a strong academic background and extensive and ever-growing practical experience, Skilled in addressing workplace issues, conducting awareness sessions, and providing support to diverse populations. My expertise includes youth empowerment, special education, and counseling in medical and educational settings. A budding researcher and published author who is keen on contributing to the field of mental health and social dynamics and is committed to making a positive impact through counseling, research, and advocacy.

CONTACT



+91 8547856137



annathomas2412@gmail.com



Vallilkalyil House Edakulam PO
Ranni Pathanamthitta, Kerala



ORCID ID-0009-0007-5231-5564

EDUCATION

- Master of Science –Counseling Psychology- 7.35 CGPA- Kristu Jayanti College, Autonomous (Bangalore, Karnataka). (Jul 2022 - May 2024)
- Bachelor of Science - Psychology-8.5 CGPA- Kristu Jyoti College of Management and Technology, Kerala (Aug 2019 - Apr 2022)
- Higher Secondary-88.2% - Army Public School, Chennai (CBSE) (Apr 2018 - Mar 2019)
- Secondary School-(8.4) -ST. Mary's School, Chandigarh (CBSE) (Apr 2015 - Mar 2016)

CERTIFICATIONS

- Introduction to Psychology (IIT Kanpur- NPTEL)
- Scientific Writing in Health Research (ICMR- NPTEL)
- Cognizavest (10th July2021-10th August 2021)
- Transactional Analysis (3Day Program)

PUBLICATIONS AND ACADEMIC ACIEVMENTS

- Adolescent Mental Health Hazards (ISSBN:978-81-96070-91-5) - Adversity Quotient and Meta Cognition among adolescents.
- Indian Internal Migrant Dynamics (ISSBN:978-81-19521-77-7) - Life Satisfaction and Subjective Well-being Among Migrant Workers.
- International Journal of Multidisciplinary Sciences (ISSN: 2582-2160) - Exploring the Interplay of Perceived Stress, Emotional/Social Loneliness, Isolation, and Fear of Negative Evaluation Among Young Adults: A Quantitative Study.
- Ego Identity and Attachment Style Among heterosexual and LGB Adults (unpublished thesis).
- Impact of Perceived Social Support on Life Satisfactions Among Young Adults. (unpublished)
- National Psychology Training Program (24-25 January 2020)
- KCMT scholarship of achievement in undergraduate course.

EXPERIENCE

Christ (deemed to be university)
Administrative Assistant
(24 June 2024- present)

- Dealing with admission counseling.
- Dealing with parents and student counseling.

INTERNSHIPS

- Let us dream -volunteer and student coordinator (12th October 2019 - 14th May 2022)
- My Captain - Campus Ambassador (1st January 2021 - 31st January 2021)
- Youth Empowerment Foundation - Volunteer (1st May 2021 - 31st May 2021)
- Trust center for mindful living - Trainee Counsellor (10th June 2022 to 06th July 2022)
- Pledge a Smile Foundation- intern(2nd January-2nd February 2023)
- Pushpagiri Medical College and Hospital Trainee Counsellor (19th June 2023-19th July 2023)
- Manna Center For Special Need Children - Special Educator (17th January 2024 - 17 April 2024)
Pushpagiri Medical College and Hospital - Trainee Counsellor (6th December 2023 -5th January 2024)
Yuvlok higher secondary school - School Counsellor (15th January 2024 - 17th April 2024)

DECLARATION

I do hereby declare that the information furnished above is true to the best of my knowledge and I am also confident of my ability to learn, explore and work to the best of my capacity

(Anna Thomas)

SKILLS

HARD SKILLS

- Clinical Skills: Case history taking, Mental Status Examination, Case Formulation, Administering Psychological Assessments
- Research Skills: Frame suitable Research proposals and designs, Coding, Content Analysis, Thematic Analysis, SPSS
- MS-office
- Canva
- Counselling skills

SOFT SKILLS

- Communication
- Active Listening, Empathy and Patience
- Cultural Sensitivity
- Self-awareness and Stress-management
- Critical Thinking and Problem Solving
- Team work and leadership

REFERENCES

Mrs. Risha Ramdhev

Christ (Deemed to be University)

Mob: 7058557536

Ms. Soumya Simon
Assistant professor
Kristu Jayanti college
Mob: 9845212989