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| **SARIKA JUBIN – CV No 2009844**To interview this candidate, please send your company name, vacancy, and salary offered details along with this or other CV Reference Numbers that you may have short listed from <http://www.gulfjobseeker.com/employer/cvdatabasepaid.php> addressing to HR Consultant on email: cvcontacts@gulfjobseekers.comWe will contact the candidate first to ensure their availability for your job and send you the quotation for our HR Consulting Fees.  |

**SARIKA JUBIN**

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Accomplished specialized knowledge in psychological factors in chronic illnesses through
research. Skilled in administering psychotherapies to patients with chronic medical and
lifestyle illnesses.
Psychologist with training in diagnosis of all mental health conditions (as a clinical
psychology graduate), and trained to administer different assessment techniques and
psychotherapies.
Project Assistant (January 2011- December2011 Government Medical College Hospital,
Thrissur, Kerala, India)·Conducted assessments and collected required information for the
research titled as ‘Gender Differences in Health Related Quality of Life among Psychiatric
illnesses'. Provided range of services to the patients including Psychotherapy, cognitive
behavior therapy and counseling.· Skill in managing different varieties of psychiatric
problems like mood disorders, anxiety disorders, delusional disorders, substance abuse,
and autism spectrum disorders.
Guest Lecturer of Psychology (Part Time - July 2010 - September 2011; Study center of
Bharatiar University, Coimbatore), Thrissur, India · Skilled teacher in M.Sc Applied
Psychology skilled in subjects of General Psychology, Health Psychology, Cognitive
psychology, Research Methodology, and Psychometrics (Practical) · demonstrated
capabilities in Psychological assessments (Intelligence tests, Personality tests,
Neurological test battery, Learning disability assessments, and tests using different
questionnaires) and evaluated their record works and conducted examinations.
Conducted research in Learning Disabilities ( Msc. Dissertation)
Assistant Clinical Psychologist (Internship - February 2008 – June 2008; Amala Institute
of Medical Sciences, Thrissur, India)· Worked with clinical psychologists – expertise in a
range of activities like case taking, case discussion as a psychiatry team with psychiatrists,
Psychiatric Social Worker ·Provided psycho-social interventions that facilitated patient
and family adaptive and wellness goals ·Educated patients and families on effective ways
to mobilize existing resources. Provided individual and group counseling to children
experiencing violence, abuse, and neglect.

Psychologist with training in diagnosis of Case management proficiency
all mental health conditions Skilled in administering psychotherapies
Expertise in administering psychological to patients with chronic medical and
assessments psychotherapies and group lifestyle illnesses
therapy to Mental health illnesses Teaching experience in undergraduate
Bilingual in Malayalam and English and post graduate students of Psychology
Public speaking ability Advanced research in An Exploratory
Learning disability training expert Study of Psychological Correlates of
Skilled in providing individual, group and Type 2 Diabetes.
family counseling in medical and mental
health settings.

10/2012 to 08/2016 Research Scholar

Skilfully developed research objectives, methods and procedures.
Reviewed previous studies conducted in the area of research.
Data collected from different hospitals and clinics for the research using techniques of
interview and observation.

Analysed the information from the sample.
Designed an psychological intervention package for Diabetic patients and administered it
to patients.
Provided counselling to both patients and family members and educate them how to handle
psychological problems due to chronic illnesses.

03/2011 to 12/2011 Research Assistant

Government medical College Hospital, Thrissur – India

Observed and monitored client behaviour and responses to treatment.
Conducted therapeutic individual and family therapy sessions.
Developed and implemented treatment plans and modified when needed.
Trained in substance abuse, co-occurring disorders, and the effect of employment and
housing issues on mental health.
Presented case history material to review and discussion with other staff members.
Managed a caseload of 300 patients with chronic and major mental health illnesses for the
purpose of the research.
Mediated conflicts within families to clarify and resolve underlying issues.

07/2010 to 09/2011 Guest Lecturer

CHF Family Apostolate Training and Research Institute (Study center of Bharatiar
University, Coimbatore), Thrissur – India

Lecture in M.Sc Applied Psychology. ·
Dealt with the subjects of General Psychology, Health Psychology, Cognitive psychology,
Research Methodology, Psychometrics (Practical) and conducted examinations.
Provided training for students in Psychological assessments (Intelligence tests, Personality
tests, Neurological test battery, Learning disability assessments, and tests using different
questionnaires) and evaluated their record works and conducted examinations.
Provided notes for some topics based on the level of difficulty for students

02/2010 to 06/2010 Assistant Clinical Psychologist (Internship)

Amala Institute of Medical Sciences, Thrissur – India

Led 2 group therapy sessions each week.
Collected and analysed data on individual clients using records, tests, interviews and
professional sources.
Conducted 5 one-on-one counselling sessions per week.
Counselled students with mental health disorders such as conduct disorder and learning
disabilities.
Explained available substance abuse treatment services to clients.
Developed and distributed relevant and comprehensive written materials on learning
disability remedial training.
Revised treatment plans in consultation with clinical psychiatrist based on patient
progress.
Educated clients and their families about client rights and responsibilities.
Managed and restrained violent, potentially violent and suicidal clients.
Encouraged clients to get involved in social, recreational and other therapeutic activities to
enhance interpersonal skills and develop social relationships.

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2016 Ph.D.: Health Psychology

University of Calicut - India

2009 Post Graduate Diploma : Psychological Counseling

Institute for Behavioural and Management Sciences (Affiliated with Medicina
Alternativa- Open International University),Chittoor, India - India

2010 M.Sc.: Clinical Psychology

Prajyoti Niketan College, Thrissur - India

Recipient of Third rank in University of Calicut, Kerala, India

 Recipient of the UGC- JRF (University Grands Commission- Junior Research Fellow)
Award.
Recipient of the Third rank in Msc. Clinical Psychology in University of Calicut, India.
Published author of Comparative Study of Self-Esteem and Adjustment of Children with
and without Learning Disability in the 2012 issue of Education at the Crossroads, an
International Journal of Education & Humanities, 1. ISSN 2320-0316.
Published author of An Exploration of Parental Pressure, Level of Anxiety and
Self-Esteem of Adolescents Participating in Competitive Arts and Sports in Kerala in the
2012 issue of Education and Society-A Peer Reviewed Journal, an International Journal of
Education & Humanities, 1.ISSN 2319-9687.
Published author of Quality Of Life and Depression among Bipolar Disorder in the 2015
issue of International Journal of Informatic & Futuristic Research (IJIFR) - Online Journal,
Paper ID: IJIFR/V2/E8/073.
Published author of Role of Positive Psychological Factors In Intervention to Diabetics in
the 2015 issue of International Journal of Informatic & Futuristic Research (IJIFR) -
Online Journal, Paper ID: IJIFR/V3/E2/027.
Presenter at the 2nd InSPA National Conference in 2012. Organized by department of
Psychology. University of Calicut. ·
Presenter at the National Seminar on Mental Health and Wellbeing in 2013. Organized by
department of Psychology. University of Calicut. ·
Presenter at the National Seminar on Professionalizing Psychology in India: New Trends
and Practice in 2015. Organized by department of Psychology Kuriakose Elias College,
Mannanam, Kottayam.

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