

DR. ANITHA ARE, M.Phil, Ph.D

**Clinical Psychologist and
Certified NLP Practitioner
MOT Trainer**

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Educational Qualifications:

- M.sc in Psychology from S.V.University, Tirupati
- M.Phil in Clinical Psychology, Sri Ramachandra Medical College, Chennai.
- Ph.D from Bharathiar University, Coimbatore, India on “Efficacy of Cognitive Behavior Therapy on Adolescents in preventing Suicidal Tendencies”.

Teaching & Work Experience:

- Student counselor in BVRIT HYDERABAD College of Engineering for women, Hyderabad.
- Working as Clinical Psychologist in Bhaskar Medical College, Hyderabad to teach “Psychological Interventions” to M.D Psychiatry students and “Behavioral Sciences” to BDS students
- Consultant in Butterfly Therapy Centre, Special School, Hyderabad

Awards and Achievements:

- **SAMVEDNA** award for best paper presentation at Indian Association of Private Psychiatry held at Kerala in 2014.
- Paper presentation in National conference in Coimbatore.
- Presented a paper in International Conference of Indian Academy of Applied Psychology (IAAP), Ahmadabad.
- Member in Society of Experimental and Clinical Hypnotherapy
- Member in Indian Association of Private Psychiatry
- Guided 22 students of M.A. Psychology in submission of Research Projects.

Faculty in IGNOU for Psychology:

- Cognitive Psychology
- Developmental Psychology
- Clinical Psychology
- Research methodology
- Psychometric assessment

Student Counseling:

- Student Counselor for JBIT Group of institutions.
- Student Counselor in Vista Schools managed by Pearson Group.
- Student Counselor in Samashti International School, Hyderabad.

Clinical Experience:

- Consultant at ASHA Hospitals, Hyderabad
- Consultant at Krishna Neurosciences
- Clinical Psychologist at Citizens Hospital & American Oncology Institute, Hyderabad

Workshop Experience in Public Sector:

- Conducting sessions to Jail officials in SICA (State Institute of Correctional Administration) Hyderabad, Telangana, as a part of their leadership management program.
- Conducting Sessions for police officials on Stress management, Morality & ethics and Time Management at Police Commissionerate, Hyderabad.

Workshop Experience in Corporate Sector:

- Conducting sessions/ Health talks on Psychological issues like Stress Management, Work Life Balance, Positive Parenting, Time Management, etc. for Companies like
 - Deloitte
 - Novartis
 - Google
 - Face Book
 - IBM
 - MRF
 - Alpla
 - Mobile Iron
 - NFC
 - Zen 3
 - Aparna Group
 - Mobis
 - Anthelio,
 - Harsco
 - DSM
 - Wipro
 - Andhra Bank
 - Zen Q etc.

Experience in Media:

Health talks on children issues such as Identifying deficits/ disorders in children, Study skills, Memory Skills, Dealing with Adolescents, Behavior Problems, Dealing with Exam Fear / Anxiety, Confidence building etc. on

- Doordarshan Live
- ETV Life
- TV10
- MAHA TV
- Rainbow FM Radio
- Gnanavani Program on All India Radio conducted by IGNOU.
- Publication of articles on Psychological aspects in leading newspapers like Eenadu, Hans India, TOI, Andhra Jyothi and others

Experience in Government Schools:

- Teaching study skills and facing the exams without fear in different government schools and private schools voluntarily.
- Addressing the adolescent and parenting issues in different schools

Guided following students of M.A Psychology in submission of

Research projects:

S.No	Name	Register Number	Research Topic
1	Minoo Gupta	155010979	A Comparative Study Of Stress Among Administrative Staff And Teachers Of A Private School
2	Vamshi Priyanka	155003959	Relationship Between Dimensions Of School Environment, Home Environment And Academic Achievement Of Scheduled Caste Secondary School Students
3	Divya Gupta	159824054	Personality Characteristics Of Children Of Working And Nonworking Mothers In Hyderabad City
4	Vandana Jha	155012711	Job Satisfaction And Factors Affecting It In Call Centers In Hyderabad.

5	Veda Janani	159819962	Job Satisfaction And Organizational Commitment; A Correlational Study Of It Employees In Hyderabad City
6	Sonali	159887696	Anxiety And Depression In Prenatal And Postnatal Stages Of Pregnancy In Women; A Comparative Study
7	Vara Prasad Rao	150009347	The Impact Of Parenting Styles On Impulsiveness In College Students Of Hyderabad
8	Sumaiya Begum	155013104	Effects Of Parenting Styles On Child's Behaviour
9	Asra Begum	155010607	Effects Of Social, Emotional And Educational Adjustments On Aggression In Secondary School Students
10	Purna Chandra	150012170	Occupational Stress And Its Effects On Physical, Social, Emotional And Spiritual Wellbeing Of IT Employees
11	Priyanka Jain	168003494	A Study On Occupational Stress And Subjective Wellbeing Of The Private And Public Sector Bank Employees
12	Shiwani Kohli	168002073	Effect Of Bullying On Wellbeing Among School Going Adolescents Of Hyderabad
13	Khan Raheela	165134385	A Comparative Study On Components Impacting Stress Among Government And Private School Teachers
14	Shweta Bagaddeo	168713841	Understanding Quality Of Life And Psychological Wellbeing Of Cabdrivers Working In Odd Shifts
15	Syed Muhammad Ali	168009780	A Study On Occupational Stress Among Railway Employees Working In Different Sections Of Railway Shed.
16	M.A. Rehman	165126277	A Comparison Between Urdu And English Medium Secondary School Students On The Levels Of Self Concept
17	Monika Rani	163296391	Professional Commitment And It's Effects On Stress Among Teachers.
18	Akkala Sai Chethan	168404742	Effect Of Emotional Maturity On Self-Concept In Adolescents
19	Rupali Ahuja	160112480	A Study Of Relationship Between Occupational Stress And Subjective Wee-Being Among Working Women

Paper publications:

- Anitha, A., Prasadrao.G., Priya,G., & Chandrasekar. K (2015). “Stress, anxiety and depression; A comparative study between teachers and special educators”, *Indian Journal of Private Psychiatry*, 9(1), 10-16.
- Anitha,A., Bhaskar, N., & Rehman,M.A. (2015). “A study on psychological aspects of disaster; Stress, anxiety and depression”, *Journal of Computation in Biosciences and Engineering*, 2(3).
- Anitha, A., & Raj, S.J.M (2016).” Impact of attention deficit on academic performance Of adolescent students”, *Behavioral Research Review*, 8(2), 22 – 26.
- Anitha, A., & Raj, S.J.M (2016). “Adjustment Problems in Adolescents of Hyderabad City”, *Indian Social & Psychological Studies*, 9(1-2), 22- 26

Training and workshops attended:

- Certified as NLP (Neuro Linguistic Programming) Practitioner
- Work shop on “PASS theory of Intelligence” SRMC
- National workshop on “Research Methodology in Psychological Issues” NIMHANS, Bangalore.
- Work shop on “Rorschach Ink Blot Test Exner’s Method” Administration, Scoring and Interpretation. SRMC.
- National Conference on Medical Sociology, “Social Justice and Health Inequality” MMM Hospitals, Chennai.
- National Level Seminar and workshop on “Quality Sustenance in Research Publications” SRMC
- Basic Course in “Integrated Clinical Hypnotherapy” California Hypnosis Institute of India, Chennai

- Introductory Work shop on “Eye Movement Desensitization and Reprocessing for Children and Adolescents” SRMC
- National Annual Conference of the “Indian Association of Clinical Psychologists”. Pune
- Workshop on the DSM IV “Identifying what’s wrong” The Hyderabad Academy of Psychology. Hyderabad.
- Level- I Workshop on “Eye Movement Desensitization and Reprocessing”, SRMC
- National Symposium on “Forensic Clinical Psychology” SRM, Chennai
- Seminar on “Facilitating Communication in Children with Autism Spectrum Disorder” SRMC
- Workshop on Cognitive Behaviour Therapy: "Basic Principles and Techniques”
- Workshop on “Hypnotherapy: Basic principles and practices” SRMC

Personal Details:

Marital Status: Married

Languages known: English, Telugu & Hindi to read, write and speak and Tamil to speak