



Anugraha Varghese *Psychologist*

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Profile

Empathetic, dynamic, and results-driven psychologist with deep clinical expertise and a strong foundation in evidence-based therapy. Passionate about mental health advocacy, with a proven ability to build trust, foster resilience, and drive positive change. Skilled in organizing impactful large-scale events and workshops, blending therapeutic insight with community outreach to promote lasting well-being.

Education

Master of Science in Clinical Psychology

Manipal University

August 2020 – June 2022 | Jaipur, India

Bachelor of Science in Life Science and Neuroscience

St. Xavier's College

July 2017 – March 2020 | Mumbai, India

Projects

India and Australia: A Cross-Cultural Study on Dark Triad Personality, Moral Disengagement, Aggressive Behaviour, and Suicide Ideation in Young Adults

Master Thesis

December 2021 – May 2022

Psychiatric Morbidity and Social Exclusion among Sex Workers

Review of Literature (ROL)

October 2020 – February 2021

Behavioral Assay of C Elegans

October 2019 – February 2020

Identification of Bacterial Species

October 2019 – February 2020

Assessment of the Impact of Pollution on Mangroves, Aquatic Life and Abiotic Factors (Soil and Water)

October 2019 – February 2020

Professional Experience

Ambrosian Well-being & Engagement Resources *Psychologist*

April 2025 – present

- Provided individual counseling with detailed documentation and timely reporting in line with organizational protocols.
- Led webinars and seminars to promote mental health awareness, contributing to community outreach and support.

The Hans Foundation

Psychologist

March 2023 – present | Delhi, India

- Delivered one-on-one counseling and daily group sessions for children, adolescents, teens, and young adults.
- Conducted impactful workshops, awareness programs, and outreach events through creative activities, competitions, and health talks.
- Maintained high-quality documentation and reporting to ensure smooth coordination with organizational requirements.
- Led large-scale team-building events for project teams.
- Contributed to recruitment efforts as a member of the interview panel.

Aspire Speciality Clinic

Psychologist

July 2022 – February 2023 | Delhi, India

- Conducted one-on-one OPD sessions, assisted in critical clinical cases with psychologists and psychiatrists, took case histories, and supported intensive therapy sessions through collaborative treatment planning.
- Delivered weekly outreach sessions for children from CWC and other vulnerable backgrounds at NGOs, providing consistent therapeutic support and psychosocial care.

Professional Skills

- Psychological Evaluation and Client Needs Assessment
- Therapeutic Intervention Skills
- Crisis Management and Intervention
- Ethical and Confidential Practice
- Program Development and Event Facilitation
- Case Management and Documentation
- Research and Data Analysis

Interpersonal Skills

- Emotional Intelligence and Leadership
- Empathy and Active Listening
- Effective Communication
- Team Collaboration and Multidisciplinary Coordination
- Conflict Resolution
- Building Therapeutic Alliances
- Leadership and Group Facilitation

Publications

Psychiatric Morbidity and Social Exclusion among Sex Workers.

International Journal for Research in Applied Science and Engineering Technology (IJRASET)

April 2021

Languages

English – C1

Hindi – C1

Malayalam – B2

Institute of Human behavior and allied Sciences

Clinical Psychology Intern

June 2021 – July 2021 | Delhi, India

Assisted in conducting psychological assessments, providing therapy support, and participating in case discussions under the supervision of licensed clinicians to develop treatment plans and interventions.

A Beautiful Mind Clinic

Clinical Psychology Intern

March 2021 – April 2021 | Delhi, India

Supported the delivery of individual and group therapy sessions, assisted psychological evaluations, and collaborated with senior clinicians to develop and implement treatment strategies.

Courses

Certificate course on Dialectical Behavior Therapy (DBT)

Accredited by International Association of Therapists and ISO Certified

July 2023 – October 2023

Certified Emotional Intelligence leader

International accreditation from ACP & AAP

June 2023

Australian Psychological Society (APS) Registered

Australian Psychological Society

November 2022

Certificate course on Cognitive Behavior Therapy (CBT)

Registered under Niti Ayog, Central Government of India

July 2022 – October 2022

Introduction to Psychology

Coursera, Yale University, USA

July 2020 – December 2020

Positive Psychiatry and Mental Health.

Coursera, University of Sydney, Australia

July 2020 – December 2020