

# Dr Vikas Ravi



Experienced in the field of Mental health Counselling, Dr.J.Nicolas Benedict has worked towards holistic psychological healing through behavioral monitoring, rehabilitation and psychometrics. A seasoned mental health counsellor with 6 years of experience working with people who were counselled for bipolar schizophrenia, depression, anxiety and stress related disorders.

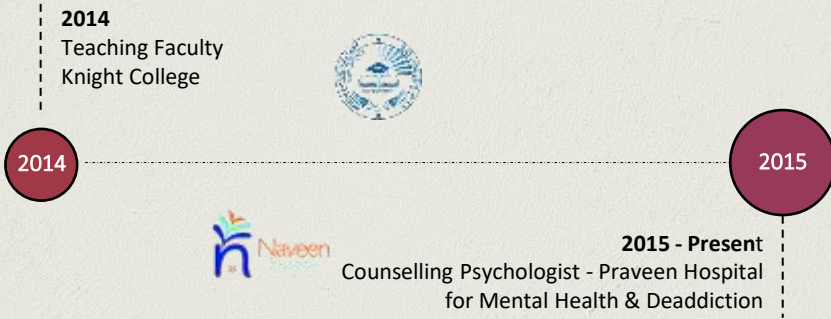
Dr.J.Nicolas Benedict holds expertise in diagnostic testing and delivering appropriate therapies that have helped enhance quality of life. Working towards helping his clients return to their personal centers, to regain emotional balance and to reach a state of calmness where healing may begin.

Experienced in the field of Mental health Counselling, Psychological Assistance, teaching and training. He has also worked towards collaboration with select training and development teams to inculcate personality training, stress management and emotional intelligence.

He has specialized in approaches towards the student community, working professional and the general community, while he uses salient principles of the mind and behavior to gain practical insight into their situation. His expertise is with working with individuals suffering from addictions, mental health conditions, disorders and varied levels of depression. Ensuring good mental health and wellbeing is an essential ingredient to improving public health.

Dr.J.Nicolas through his counselling and psychotherapy has contributed to public health through a wide range of settings outside the formal health and social care arenas, such as education establishments, employers, educational institutions and the private sector

## Career Timeline



## Skills Portfolio



- Counselling Training
- Problem - Solving
- Decision Making
- Persuasion
- Negotiation
- Critical Thinking
- Behavioral Science
- Psychoanalysis
- Research
- Medical Education
- Coaching
- Research
- Emotional Intelligence

## Niche Areas of Focus

Dr. Vikas Ravi, has worked toward select categories in society, with keen sense of social responsibility towards the student community, IT professional and the general public.

- Counselling Training
- Coaching
- Negotiation
- Emotional Intelligence
- Research

## Counselling Overviews



### Student :

Remedial Addiction Issues | Relationship Issues | Academic Challenges | Personality Development | Self - image Boost | Cultivating Value



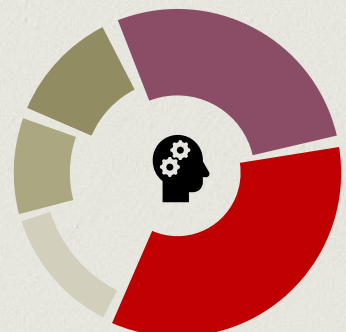
### Professional / Employee :

Stress Management | Conflicts At Work | Personal Life Balance | Psychological Skill Trainings | Emotional Balance | Communication | Healthy Relationships With Coworkers | Job Satisfaction



### General :

Relationship Issues | Emotional Instability | Impulsiveness | Indecisiveness | Adjustment Issues | Motivation | Attitude Management





## Critical Areas of Counselling

A mental health counselor is a lifeline for people in great distress, Dr.J.Nicolas Benedict has worked towards select areas. Counselling involves the exploration problems in an environment that is both supportive and objective, that Dr. J. Nicolas Benedict outstanding principles of psychology and mental health and his expertise in implementing varied types of behavioral and counselling therapies

- General Counselling – Pertaining to adjustment issues in a family, stress, substance abuse, anger and anxiety related conditions.
- Clinical Counselling - Major Depressive Disorder | Bipolar Disorder | Schizophrenia | Alcohol | Cannabis and Drug Addiction | Eating Disorder | Personality Disorder.

Performed outreach programs and strongly involved in campus activities that help integrate the Mental Health and Counselling Service into a university community

## A day at office



### Counselling and Psychotherapy

- Ensured that the clients understand the terms, conditions, and limitations of the applicable benefit prior to starting counselling.
- Administered psycho therapeutic treatments to treat mental, emotional, or behavioral disorders
- Complete a treatment plan to be kept on the client's file. As part of the treatment plan and developed an aftercare plan as well.
- Provided effective, acceptable and adaptive explanation for the client's distress.
- Cognitive behavioral therapy based on the condition and need of the patient, plan further treatment goals with the cross - experts including psychiatrist and social workers.
- Reflecting on the issues shared by the client in a organized and structured manner.
- Identifying cognitive distortions ie thinking errors, dysfunctional beliefs and maladaptive behaviors
- Cognitive restructuring and behavioral management
- Coping mechanisms
- Dealing with new enquiries
- Communication - Structured listening of client's testimonial
- Managing orienting intern students, at time visit our mental health and deaddiction home



### Collaborative Working | Promotion Strategies

- Enabled children, young people and adults to maximize their capabilities and have control over their lives.
- Collaborated with physicians, psychologists, social workers, psychiatric nurses, or other professionals to discuss treatment plans and progress.
- Strengthened the role and impact of ill health prevention. Train counselling teachers to master competency of mental health and counselling.
- Developing psychological coping strategies. Strengthen the role and impact of ill health prevention
- Worked towards embed preventative approaches, tackling chronic health problems and health inequalities.
- Provided a treatment plan that is consistent with the explanation provided to the client
- Identified unresolved issues – historic or developmental – that are impacting on their current coping methods and personal development.
- Enabled people to build, or rebuild, relationships with partners and families.
- Continuous monitoring involved the use of instruments or scales or by checking in with the patient regularly.
- Awareness of the best research evidence related to the particular client, in terms of treatment, problems, social context



### Factors for Effective Treatment

- Developing a strong therapeutic alliance
- Assessment, case conceptualization and treatment planning
- Cognitive behavior therapy, changed the ways of thinking. This kind of therapy helps the client's understand negative or false thought patterns.
- Effective case management

## Scholastic Excellence

- 2005 - B.Sc. in Psychology – DDG College of Arts and Science
- 2007 - M. Sc in Psychology - Chithambaram University
- 2009 - M. Phil Specialized in Organizational Behavior
- 2014 - Ph.D. Psychology - highly commended – Chithambaram University
- 2008 - PG Diploma in Personnel Management, Industrial Relations & Labour Welfare - Coimbatore Productivity Council

## Publications of Excellence

- Title: "Enhancement of Emotional Intelligence among students using Neurolinguistic Programming"
- Venue: 45th National and International Conference of the Indian Academy of Applied Psychology (IAAP)
- Date: 18th to 20th Feb, 2010 Published in LAP LAMBERT Academic Publishing. ISBN - 13: 978 - 3659218088
- <https://www.amazon.com/Efficacy-Neuro-Linguistic-Programming-Enhancement-Intelligence/dp/3659218081>
- Title: "Mouna Vratha: An effective traditional method of Self - Regulation"
- Venue: Third International conference on Counselling, Psychotherapy and wellness, Christ University Bangalore
- Date: Jan, 2016 Published in Artha Journal of Social Science 2016 ISSN 0975 - 329X.
- <http://journals.christuniversity.in/index.php/artha/article/view/819/555>
- Title: Perceived Overqualification, Job Satisfaction, Somatization and Job Stress of MNC Executive
- <http://medind.nic.in/jak/t09/i2/jakt09i2p283.pdf>

## Workshops for Change

- Participated in a workshop on "Neuropsychology: Assessment and Rehabilitation" held at Ramachandra University, Chennai, 2006.
- Participated in a workshop on "Applications of Behavior Technology held at Bharathiar University, Coimbatore from 26th to 28th, February, 2007



## Academic Paper and Presentations

### Conceptual Papers

- Conceptual Paper on “Mindfulness Training for Armed forces” at International Conference on Advances in Military Psychology: Soldier Preparedness ICAMP, New Delhi, INDIA - 2011.
- Conceptual Paper on “Universal Laws of Spirituality” at UGC Sponsored National Conference on “Mental Health and Spirituality – Improving Quality of Life”, Sri Narayana University, Tirupathi, - 2011.
- Conceptual Paper on “Spirituality in Counseling and Psychotherapy” at National Conference on Sociocultural Prospects of Positive Psychology in India, Little Dove Institute of Social Sciences and Health, Kerala, - 2012.

### Presentations

- “Indian Adolescents Perception of Parenting Style” has been presented and Published representing the ICMR at the National Conference on the “Indian Youth and their Sustainability Challenges - A Life Skills Perspective” - 2013.
- Presented a paper on “Impact of parenting Styles on Adjustment among Adolescents” in National Conference on Enhancing Psychological Well - Being” at Chithambaram University - 2014.
- Presented a Conceptual Paper on “Developing a Efficient Therapeutic Intervention for Psychological Problems” in National Conference on Enhancing Psychological Well - Being at Chithambaram University on – 2014.

### Seminars

- National Seminar on Multiple Intelligence and Instructional Technology Teaching Technology at Sri Ram Mission Vidya College of Education, Coimbatore from 11 - 12 Jan, 2008.
- Seminar on Psychology: Corporate Excellence held at Madras University Chennai on 1st and 2nd, February, 2008.
- Participated in a seminar on Social Science Research Methodology and Data base Management and Analysis using SPSS Software held at Chithambaram University, Coimbatore during March 13th to 16th, 2008.

### Conferences

- “Second International conference on Life Skills Education” organized by Rajiv Gandhi National Institute of Youth development during 08 - 10 Dec 2010.
- Indian council of philosophical research (ICPR) sponsored consultation seminar on Indian Psychology: Challenges and prospects organized by centre of Indian Psychology, Jain University, Bangalore on 6th and 7th Aug 2011.

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