



Nalini Dwarakanath, PhD

Counselling Psychologist and

Trained CBT and REBT Therapist

Centre for Counselling and Support

Indian Institute of Science

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Research Areas:

- Psychology, Counselling, Education and Skill Development.

Academic Specialization:

- Psychology (Adolescent, Cognitive & Behavioural), Education (Guidance & Counselling); Human Resource Management

Current Position Held:

- Counselling Psychologist and Therapist, Centre for Counselling and Support, IISc – Bangalore.

Academic Experience:

- Over 30 years as an Academician in varied capacities in education, administration and teaching.

Counselling Experience:

- Over 20 + years of counselling, students of varied age group in particular on Academic, Personal & Relationship issues. Have specialized in Cognitive Behaviour therapy & Rational Emotive Behaviour Therapy in addition to Eclectic approach using other Psychotherapies & counselling interventions.

- Associated with IISc rendering counselling services to the institute community, Research scholars in particular, since 2007.

Previous Positions Held:

- Consultant Counselling Psychologist - International Institute of Information Technology, Bangalore (IIIT-B).
- Senior Project Associate – Karnataka Knowledge Commission, Bangalore. In the project EDUVISION 2020 for higher education in India.
- Senior Project Associate – Centre for Leadership and Management in Public Service. In the project “EDUCATION LEADERSHIP and MANAGEMENT”.
- Head – Department of Arts “Psychology” – Jain University, Bangalore.
- Professor (Psychology) – Jain University, Bangalore.
- Founder member – Counselling and help line services Jain University, Bangalore.
- Member – IQAC – NAAC, Jain University.
- Member – Academic council and Research Cell – Jain University Bangalore.
- Vice – Principal – Marudhar Kesari Jain College for women, Vellore District, Tamil Nadu.
- Professor (Psychology) – MKJC
- Co-ordinator – IQAC – NAAC in MKJC, Vellore District, Tamil Nadu.

Awards & Recognitions:

- National Award (PCRA) with Citation.
- State Award – Tamil Nadu & Pondicherry (PCRA).
- Have chaired sessions in International conferences.

Publications:

- Books:
 - Development of young minds – student psychology
 - Human Psyche
- Papers:
 - Published papers on varied topics pertaining to Psychology and Education in referred journals, National & Inter National conferences and in Teacher Plus, NCTE News Letter .

Currently Working on:

- Understanding “Self” through:
 - Psychological & therapeutic interventions
 - Effect of psychological & therapeutic interventions in the counselling process
 - Effect of Cognitive Behaviour Therapy in Anxiety, Depression and Obsessive Compulsive disorder.
 - Effect of REBT in emotional disturbances.

Membership:

- **Member**
 - Ethical Committee – AYUSH – National Institute of Ayurvedic Research Institute, Government of India, Jayanagar, Bangalore.
 - Comprehensive Counselling Committee, IISc, Bangalore.
- **Life Member**
 - Indian Association of Applied Psychology (IAAP)
 - American Psychology Association
 - Bangalore Psychology Forum
 - Madras Psychology forum
 - Sri Venkateshwara University, Psychology forum
 - Centre for Leadership & Management in Public Services (CLAMPS)