Neha Kasinath

PSYCHOLOGY | RESEARCH | PERSON-CENTRED SUPPORT

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PROFILE

Early-career psychology professional with an MSc in Clinical Psychology from the University of Exeter and a BSc in Psychology from Stella Maris College. Experience in person-centred support, supervised counselling environments and psychological research methods. Graduate Member of the British Psychological Society (GMBPsS).

PROFESSIONAL EXPERIENCE

Support Worker | Lifeways

August 2025 - present

- Provide one-to-one, person-centred support to individuals with learning disabilities and mental health conditions, supporting independence, emotional wellbeing and daily living.
- Implement and adapt care and behavioural support plans, observe progress and maintain professional records.
- Use de-escalation, active listening and relationship-building skills in everyday support.
- Collaborate with healthcare professionals, psychologists and families; contribute to multidisciplinary care and case reviews.

Counselling Intern | Santhwana Institute for Counselling and Psychotherapy

May - July 2023

- Observed and assisted with counselling sessions; participated in preliminary assessments under supervision.
- Developed active listening, empathy and rapport-building skills; supported confidential records and case notes.
- Participated in discussions and case reviews, and helped design and facilitate mental health awareness activities.

EDUCATION

MSc Clinical Psychology | University of Exeter | 2023 - 2024

Study included psychopathology, psychological assessment, CBT, research methods, evidence-based interventions, ethical practice and multidisciplinary approaches. Developed data analysis and academic report-writing skills.

Dissertation: Predictors of psychedelic drug use: A comprehensive analysis of LSD and MDMA in clinical and recreational contexts.

BSc Psychology | Stella Maris College | 2020 - 2023

Psychological theory, cognitive psychology, abnormal psychology, developmental psychology and research methodology. Laboratory work, group projects, presentations, seminars and workshops; leadership and extracurricular involvement.

SKILLS & LANGUAGES

Research: Research design, literature reviews, data analysis using R, critical analysis and academic writing.
Support: Person-centred and behavioural support, active listening, de-escalation, assessment and formulation knowledge, ethical awareness and documentation.
Professional: Multidisciplinary teamwork, communication, cultural awareness, leadership, organisation and time management.
Languages: English, Malayalam, Tamil and Sanskrit.