

SAPHIA BUSTAN

Consultant Psychologist / School Counsellor

Kerala, India | +91 7907314318 | saphia.bustu@gmail.com | <http://linkedin.com/in/saphiabustan>



Professional Summary

Certified School Counsellor with 4 years of counselling experience supporting students' emotional, behavioral, and academic growth. Skilled in CBT, DBT, and psychoeducation, with a strong record of improving student well-being through collaboration with teachers, parents, and multidisciplinary teams.

Core Skills

Counselling & Interventions: CBT, REBT, DBT, SFBT, TA, Emotional Regulation, Behavioral Interventions, Crisis Intervention

Assessments & Reporting: IQ, LD, Personality, Aptitude Testing, Case History, MSE, Report Writing

Professional Collaboration: Multidisciplinary Teamwork, Intern Supervision, Psychoeducation, Classroom Engagement

Technical Skills: Microsoft Word, PowerPoint

Professional Experience

School Counsellor & Child Welfare Officer

Prestige International School, Mangalore | May 2024 – Present

- Designing and conducting **multidisciplinary entrance assessments** as part of the school's admission process.
- Developed and implemented a **School Mental Health & Wellbeing Curriculum** (aligned with **NEP 2020 & NCF-SE 2023**), delivering structured group sessions for Grades 1–10.
- Providing **individual and group counselling for students** facing academic, emotional, and behavioral challenges.
- Applying CBT, DBT, and REBT techniques to support emotional regulation and behavioral improvement (70% positive teacher feedback).
- **Collaborating with psychiatrists, special educators, and social workers** to manage complex cases requiring coordinated care.
- Supervising and **mentoring counselling interns** through structured supervision and case discussions.
- **Conducting psychological assessments** (IQ, Aptitude, and LD Screening) to identify learning and emotional needs.
- **Led 20+ psychoeducation programs** on topics like bullying prevention, menstrual hygiene, digital well-being, and time management, reaching 400+ students

Education

M.Sc. in Counselling Psychology (Distinction) – School of Social Work, Roshni Nilaya, Mangalore
| 2021–2023

B.A. in Psychology, Sociology & Communicative English – St. Aloysius College, Mangalore
| 2018–2021

Certifications & Workshops

- **Advanced Diploma in School Counselling – Mentex School of Counselling**
- Workshop on Managing Learning Disabilities – Roshni Nilaya
- Holotropic Breathwork Training – Don Bosco Counselling Centre
- Emotional Freedom Techniques (Introductory) – Don Bosco Counselling Centre
- National Workshop on Counselling Skills & Techniques – Roshni Nilaya

Psychoeducation & Outreach Programs

- Conducted 20+ Psychoeducation sessions across primary to PU levels on self-care, emotional regulation, study skills, and communication, reaching 400+ students.
- Trained 30+ palliative care workers in mental health awareness (Kannur, Kerala).
- Delivered social skills and emotional intelligence training to employees at Prasanna Technologies Pvt. Ltd.

Volunteer & Field Work

- Conducted learning disability screenings for students (Grades 4–7) at St. Anne’s School, Kelarai.
- Led DBDA aptitude testing at BGS First Grade & PU College.
- Screened students using SRQ-20 at Yenepoya PU College.
- Facilitated group development modules at Athena Institute of Health Sciences, Sri Devi Nursing College, Chinmaya High School, St. Aloysius PU College, and Nalanda English Medium School.