

GAUTHAM KRISHNAN

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WORK EXPERIENCES

MENTAL HEALTH PRACTITIONER

June 2021 – May 2022 | **Arubah Emotional Health Services**

Supervised by: Jenny Jendro, MSW, LICSW

- Provided in-person and telehealth services like individual, couples and family counseling.
- Engaged in and contributed to consult groups, supervision and training.
- Conducted diagnostic assessments including the LOCUS and CASII; created individualized treatment plans including identification of client needs, expectation-setting, and psychoeducation.
- Collaborated with other healthcare professionals and service providers within each client's care team and referred clients to appropriate services if needed.

MENTAL HEALTH PRACTITIONER (PRACTICUM)

September 2020 – May 2021 | **Associated Clinic of Psychology**

Supervised by: Mitchell Tavernier, MA, LPCC

- Provided in-person and telehealth services like individual counseling and Adult Rehabilitative Mental Health Services (ARMHS).
- Engaged in and contributed to consult groups, supervision, clinic programs, and CEUs.
- Conducted diagnostic and functional assessments including the LOCUS and MHIS; created individualized treatment plans including identification of client needs, expectation-setting, and psychoeducation.
- Collaborated with other healthcare professionals and service providers within each client's care team and referred clients to appropriate services if needed.

TEACHING ASSISTANT

January 2021 – May 2021 | **University of Minnesota**

Course Instructor: Carolyn Berger, Ph.D., LPCC, LSC

Graduate Course: Counseling Diverse Populations

- Facilitated class conversations on systemic racism, identifying privilege, cultural humility, cultural competence, cultural equity, and counseling skills for effective therapy with diverse clientele.
- Graded student assignments, providing written constructive feedback.
- Assisted with formatting online course on Canvas; provided administrative support.

TEACHING ASSISTANT

August 2020 – January 2021 | **University of Minnesota**

Course Instructor: Martin Van Boekel, Ph.D.

Undergraduate Course: Psychological Sciences Applied

- Facilitated weekly discussions with small groups to introduce class topics and address activities; graded assignments, providing written constructive feedback.
- Facilitated class conversations on stereotype threat, stress and coping, neuroplasticity, growth mindset, psychology of group work, etc.

GRADUATE ASSISTANT

July 2020 - August 2020 | **University of Minnesota**

Course Instructor: Carolyn Berger, Ph.D., LPCC, LSC

Graduate Course: Introduction to Clinical Mental Health Counseling

- Assisted with formatting online course for Canvas.

CROSS CULTURAL DISCUSSION GROUP FACILITATOR

October 2019 - May 2020 | **University of Minnesota**

Organized by: International Student and Scholarly Services

- Co-facilitated discussions among a group of undergraduate and graduate students from various cultural backgrounds.
- Encouraged individuals, to share their personal experiences with cultural, social, and historical differences while providing support and fostering a sense of belonging.

SOFTWARE INTERN

June 2017 - July 2017 | **Unotech Software Pvt. Ltd, India**

- Worked with clients to build front-end web development; included addressing client needs, conducting reviews, and testing products.

VOLUNTEER EXPERIENCES

MARKETING TEAM LEADER

July 2017 - December 2018 | **AIESEC VIT, India**

- Conducted weekly "brainstorm" sessions regarding the integration of AIESEC products within the university.
- Conducted marketing activities and on-ground campaigning; created and managed social media platforms.
- Participated in AIESEC India's national conferences on Sustainable Development Goals set up by the United Nations General Assembly.
- Organized local conferences, conducted to educate and recruit students to the organization.

TEACHER/ORGANIZER

September 2017 - December 2018 | **Becoming I Foundation, India**

- Volunteered at a youth-run, non-governmental organization to organize and conduct community development projects.
- Taught English at public middle schools and high schools, using smart boards and interactive animations.

GLOBAL VOLUNTEERING INTERN

December 2016 - January 2017 | **RMIT University, Vietnam**

- Co-facilitated a graduate student group studying Gardner's 'Theory of Multiple Intelligences.'
- Collaborated with other volunteers to create and conduct activities promoting students' English vocabulary.

CO-FOUNDER/EDITOR

September 2015 – May 2018 | **The SLR Productions**

- Co-founded a youth-run production house, formed to promote mental health awareness and destigmatize access to counseling services.
- Served as an actor and editor for short films, covering topics including student drug abuse, suicide, depression, etc.

EDUCATION

MASTERS OF ARTS IN COUNSELING AND STUDENT PERSONNEL PSYCHOLOGY

September 2019 – May 2021 | **University of Minnesota**

GPA : 3.94/4.00

- Area of emphasis: providing counseling in the community

BACHELORS OF TECHNOLOGY IN COMPUTER SCIENCE

July 2015 – May 2019 | **Vellore Institute of Technology**

CGPA : 8.01/10.00

- Specialization: Bioinformatics

SKILLS

SOFTWARE:

- Microsoft and Google Suites
- Adobe Photoshop, Premiere Pro, and After Effects

PROGRAMMING LANGUAGES:

- Java, Python, C, and C++

ASSESSMENTS:

- Diagnostic Assessment for adults and children, to diagnose clients while adhering to the DSM guidelines to help create awareness of their mental health and provide appropriate services and coping skills.
- Functional Assessment for adults for Adult Rehabilitative Mental Health Services (ARMHS), to assess clients functioning in various contexts and to help clients learn appropriate coping skills to reach desired functioning.
- CASII (Child and Adolescent Service Intensity Instrument)
- LOCUS (Level of Care Utilization System) for Psychiatric and Addiction Services.