

Profile

Ms.Reshma Malick is a Counselling Psychologist and has done her formal education in Chennai with a Pre Doctoral Degree (M.Phil) in Guidance and Counselling , a Masters in Applied Psychology and Bachelors in Psychology from Justice Basheer Ahmed Sayeed College , SIET , Chennai .

With 18 years of experience in Addiction management treatment , she holds a ICAP level III certification given by Colombo Plan as a International Certified addiction management professional. Has been trained in Child Substance Use Disorder Treatment, Colombo Plan and specializes in working with substance dependents and their families.

As a trainer for National Institute of Social Defence , under the Ministry of Social Justice and Empowerment ,she has coordinated and conducted various training programmes for counsellors , medical professionals , law enforcement authorities , teaching faculties , mental health professionals , community workers , industrial supervisors and students .

Headed the National Drug Use Survey (NDUS) as the Regional Operational Manager and was responsible for implementing the survey in states of Tamilnadu , Puducherry ,Telangana , Andrapradesh and Andaman & Nicobar Islands with the technical guidance of NIMHANS ,Bengaluru and AIIMS ,NewDelhi.

As a Certified Arts Based Therapy Practitioner for more than a decade she is also an ABT guide . Her practice applies the use of Arts Based Intervention with substance dependent people and their families.

She is also a certified Life skills education trainer and conducts programmes for children , youth and women.

She has authored a chapter titled *Art therapies for substance users and their families: recognition, deliberation and recovery* in the book using art therapy with diverse populations- Crossing cultures and abilities, by Jessica publication.

And “*Prevention of substance use disorders in the community and workplace*” in the Indian Journal of Psychiatry.

Her academic contributions are serving as a Head Incharge in Department of Psychology KCT , Coimbatore from 2019 .

Currently she is the Programme Coordinator and works as an Assistant Professor in The Department of Psychology, SLAAS, Hindustan Institute of Technology and Science, Chennai from 2021.