ArulMuthu

**Address:** Director, Anugraha Institute of Counselling, Psychotherapy, and Research,Nochiodaipatti, Dindigul-624003, Tamil Nadu,India.

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I am a dedicated Counsellor and certified Psychotherapist with a rich background in eclectic counsellingandpsychotherapy,integratingPsychodynamic,Behavioural,andHumanisticExistentialapproaches.Iholda British Psychological Society Accredited certification in **Acceptance & Commitment Therapy** (ACT) andactively contribute to the Society for Psychotherapy Research, the World Association for Positive andTranscultural Psychotherapy, and the Society for the Advancement of Psychotherapy. I am a certifiedConsultant of Positive Psychotherapy. I offer expert counselling, support, and guidance to clients facingtrauma and hardship. My empathetic yet pragmatic approach ensures effective treatment and therapy. Iexcel in working with diverse populations and have extensive experience addressing a wide range of lifechallenges.Currently,Iam pursuinga PhDinPsychotherapyScience atSigmundFreudUniversityinVienna.

**EDUCATION**

**PhDinPsychotherapyScience,SigmundFreudUniversity,Vienna,Austria PRESENT**

# MasterofPhilosophy(MPhil)CounsellingandPsychotherapy MARCH,2017

Grade:Distinction

# PostGraduateDiploma(PGDiploma) inCounselling APRIL,2015

Grade:Distinction

# MasterofScienceinCounsellingPsychology AUGUST,2012

Grade:Distinction

# BachelorofArts(B.A.)inEnglish APRIL,2003

Grade:Distinction

**PROFESSIONALEXPERIENCE**

**Director,AnugrahaInstituteforCounselling,Psychotherapy,andResearch. PRESENT**

# CounsellorandPsychotherapist 2020–PRESENT

**AnugrahaInstituteforCounselling,Psychotherapy,andResearch.**

Provide eclectic counselling and psychotherapy, incorporating Psychodynamic, Behavioural, andHumanisticExistentialapproaches.

* Conduct individual, group, and couple therapy sessions, helping clients manage trauma andhardship.
* Developed and implemented tailored therapeutic programs, leading to significantimprovementsinclientoutcomes.
* Engagedincontinuousprofessionaldevelopment,enhancingskillsincrisisinterventionandmulticultural competency.

# AssistantProfessor,DepartmentofPsychology,AnugrahaInstituteofSocialSciences 2020–PRESENT

Teachandmentorstudentsinpsychology,focusingoncounsellingandpsychotherapy.

* Designedanddeliveredlecturesonvariouspsychologicaltopics,includingtraumacounsellingandstressmanagement.
* Supervisedstudents'researchprojects,fosteringacademicgrowthandpracticalskills.
* Organized and led workshops on leadership, self-esteem, and emotional maturity, contributing tostudentwell-being andprofessionalreadiness.

# DirectorofVicariateFamilyMinistry,Bishop'sHouse,St.Joseph'sCathedral,AbuDhabi,UAE2014-2020

Managedanddirectedfamilyministryprograms,providingcounsellingandsupporttofamilies.

* Facilitatedfamilytherapysessions,addressingissuessuchasrelationshipproblemsandemotionalchallenges.
* Coordinatedwithcommunityorganizationstodevelopandimplementoutreach programs,enhancingcommunity supportnetworks.
* Conductedseminarsandworkshopsonfamilyenrichmentandinterpersonalrelationships,promotingholisticfamily well-being.

# GuestLecturer,St. Anthony'sCollegeofArtsandScienceforWomen,Dindigul 2013 –2014

Deliveredlecturesandfacilitatedlearningincounsellingandpsychology.

* Developedcurriculumandinstructionalmaterials,ensuringalignmentwithacademicstandardsandstudentneeds.
* Engagedstudentsthroughinteractiveteachingmethods,enhancingtheirunderstandingandapplicationofpsychologicalconcepts.
* Provided mentorship and academic support, aiding students in their academic and professionaldevelopment

**CORESKILLSANDCOMPETENCIES:**

SomeofmyskillsIwouldliketohighlightareresilientlistening,critical andanalyticalthinking, andproblem-solving, along with empathy and rapport. My expertise includes crisis intervention, intakeassessments, group therapy, couple therapy, and excellent communication skills. I am adept inmulticulturalcompetency,stressmanagement,addressingrelationshipissues,andcommunityoutreach.

**SEMINARS:**

I have delivered seminars and workshops on a variety of topics to enhance well-being andprofessional skills. These include soft skills, leadership, trauma counselling, self-esteem, interpersonalrelationships, emotional maturity, healing the inner child, family enrichment programmes, studentmotivation seminars, soft skills for teachers, clinical psychology, general psychology, and group therapy(coveringanger,grief, fear,NewBehavioural Generator, andvisualization).

**BOOKPUBLICATION:**

AssistedtheAuthor,D.JohnAnthonyOFMCap., withhisBooktitled“*PsychotherapiesinCounselling*”

**JOURNALPUBLICATIONS**

MuthuA&RevathyA(2023).EffectivenessofAcceptanceandCommitment

Therapy (ACT) for Anxiety, Depression, and Stress during COVID-19 Pandemic: A Narrative Review.International Journal ofPsychology&Psychological Therapy, 23, 3, 261-275.

Muthu,A.,&Revathy,A.(2023).AreWeReadytoCreateaSustainableEnvironmentforHappyAgeing?APsycho-Social Perspective on Challenges Faced by Older Adults of Tamil Nadu, India. Sanshodhak, 20(2),188-194.

Joseph, A. E. (2015). Reel Therapy - Using Movie in Counselling and Psychotherapeutic Practice.International Journal of Scientific& Engineering Research, 6(8), 2100–2108. Retrieved fromhttps://[www.ijser.org/onlineResearchPaperViewer.aspx?Reel-Therapy](http://www.ijser.org/onlineResearchPaperViewer.aspx?Reel-Therapy) Using-Movie-in-Counselling-and-

Psychotherapeutic-Practice

***Referencesupon request***