

Kedar K Rao

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PROFILE SUMMARY NET Qualified

MSc in Counselling Psychology
Group Therapy experience
Individual Therapy experience
Experience in Teaching Industry
Experience in Training Industry: Softskills and Quantitative Aptitude
Experience in Corporate Industry
Experience in Conducting Workshops
Key skills: Self-awareness, Articulation, Communication

QUALIFICATIONS

Diploma in Vedic Astrology (Sep 2019-Jan 2025)
Jyotsna Institute - Bangalore, affiliated with Karnataka Samskrit University - UGC recognized

Qualified Group Analyst (International) (completion date: Jul 2025) (Sep 2022 - Jul 2025)
Group Analysis India, affiliated with Institute of Group Analysis, London

International Diploma in Group Work Practice (expected - Dec 2022) (Jul 2020 - Present)
Group Analysis India, affiliated with Institute of Group Analysis, London

NET Qualified for Assistant Professor (Psychology) (Jul 2019)

Master of Science in Counselling Psychology with Honours (Jul 2017 - Jun 2019)
Sampurna Montfort College, Bangalore, Karnataka
-With a GPA of 3.9 out of 4
-Completed the Honours Programme with A grade

Bachelor of Technology in Computer Science (Aug 2011 - May 2015)
CMR Institute of Technology, Bangalore, Karnataka

EXPERIENCE

Individual Counselling and Therapy:

-Counselling Psychologist, Private Practice (Oct 2019 - Ongoing)
-Counselling Psychologist, Hank Nunn Institute (Feb 2020 - Mar 2022)
-Counselling Psychologist, Juvenile Justice Board (Sep 2019 - Mar 2020)
-Trainee Counsellor, Indiranagar Evening College (Feb 2019 - May 2019)
-Trainee Counsellor, St Joseph Community College (Jul 2018 - Apr 2019)

Group Counselling and Therapy:

-Group Therapist, Private Practice (2020 - Ongoing)
-Group Therapist, Hank Nunn Institute - Outreach Team (Feb 2020 - Mar 2022)
-Adjunct Professor, Kristu Jayanti College (Aug 2019 - Sep 2019)
Trained MSc Counselling Psychology students on Group Therapy
-Conducted: 4 Therapy Groups (100 hours) (Jul 2018 - Nov 2019)
Target Audience: Kerala Flood affected school students (12-15), Seminarians (14-21) and
MSc Counselling Psychology students (20-25 years)

Training:
-Group Analyst Trainee, Institute of Group Analysis (1000+ hours) (Jul 2020 - Ongoing)
-Experiential training under 4 Group Therapists (80+ hours) (2018 - 2019)

Teaching:

- Adjunct Professor, Sampurna Montfort College, Bangalore (July 2019 - Feb 2022)
 -Taught Counselling Skills as a part of Certificate Course Program
 -Taught a paper for Masters course
- Adjunct Professor, Infant Jesus Evening College, Bangalore (Feb 2020 - Jul 2020)
 -Teaching Psychology for Degree students
 -Subjects: Intro to Psychology, Organizational Psychology, Life Span Development
- Adjunct Professor, Inventure Academy, Bangalore (Nov 2019 - Feb 2020)
 -Teaching Empathy to 6th, 7th, 8th standard students
- Adjunct Professor, Kristu Jayanti College, Bangalore (Aug 2019 - Sep 2019)
 -Training MSc Counselling Psychology students on Group Therapy
- Volunteer, Youth For Seva, Bangalore (Jul 2015 - Jul 2017)
 -Taught Maths and English to middle and high school students
- Teacher, RK Academy, Bangalore (2011 - 2015)
 -Taught children (5+ years) to draw

Placement Training:

Trained Diploma and Degree students for campus placements in the following companies:

- Quantitative Aptitude Trainer, Edtech Ventures (Aug 2019 - Sep 2019)
 Bangalore (NMKRV College for Women)
- Quantitative Aptitude Trainer, Ladder Consultancy Services (Feb 2019)
 Bangalore (Sapthagiri College)
- Soft Skills and Quantitative Aptitude Trainer, Quantech Origin (Dec 2014 - Dec 2015)
 Bellary (RYMEC College)
 Mangalore (Srinivas Colleges),
 Bangalore (Oxford College, MVJ College, NTTF College, KSIT)

RECENT
EXPERIENCE

- Hank Nunn Institute - Counselling Psychologist, Outreach Team* (Feb 2020 - March 2022)
 Responsibilities at HNI involved the following:
 - Project Manager for 3 associated organizations
 - Co-designed culturally congruent mental health support programs for 8+ organizations
 - Delivered mental health support in the form of individual and group counseling
 - Organized and facilitated experiential workshops aimed at empowerment, emotional well-being, improved workplace relationships, safe and reflective workspaces
 - Facilitated conversations with employees around themes of emotional, mental, and physical well-being, which in turn influenced the organization's culture, productivity and burnout rates

OTHERS

- Tata Consultancy Services Ltd - Systems Engineer (Jan 2016 - Jul 2017)
 -Worked for SAP Client, and later with CSR Team
- Spirituality:
 -Pranic Healing - Third Degree and Crystal Healing under Karnataka YPV Healing Foundation
 -Reiki Healing - First Degree under Divine Healing Foundation, Sringeri
 -Practitioner of Hatha Yoga
 -Inclination towards Indian Philosophy
 -Diploma in Vedic Astrology