

Abhishikta Naik

Psychiatric Social Worker

A qualified clinical social worker with experience in providing quality care & support to individual and family groups with mental health needs.

abhishiktasnaik@gmail.com ✉

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Udupi, Karnataka 📍

linkedin.com/in/abhishiktasnaik in

WORK EXPERIENCE

Junior Research Fellow

Department of Psychiatry, Kasturba Medical College

01/2021 - Present

Udupi, Karnataka

Clinical Research Centre for Psychiatry,

Achievements/Tasks

- Recruitment
- Assessment
- Neuromodulation techniques

Contact: Dr Samir Kumar Praharaj- Professor and Head, Dept. of Psychiatry - samir.kp@manipal.edu

Psychiatric Social Work Trainee

Kasturba Medical College, Manipal

08/2018 - 08/2020

Udupi, Karnataka

Duties

- Conducted psychosocial assessments for clients to learn personal history, family dynamics and psychosocial environment.
- Provided psychosocial interventions like psychoeducation, individual and family therapy & rehabilitation services for clients.
- Executed School Mental health programs for high school students and taught stress management, life skills education and mental health needs for college students.

Contact: Dr. Soyuz John, Asst. Professor, Dept. of Psychiatry - 8848181578

Research Assistant

Kasturba Medical College, Attavar

07/2018 - 08/2018

Mangaluru, Karnataka

Tasks

- Recruited clients and accumulated data for a study based on patients with substance dependence.
- Used standardized scales for data collection in the study.

Contact: Mahesh B. S., Asst. Professor, Dept. of Clinical Psychology - 8660922867

EDUCATION

MPhil. in Psychiatric Social Work

Kasturba Medical College, Manipal Academy of Higher Education, Manipal

08/2018 - 08/2020

First Class

Thesis

- A cross-sectional study on mental health status and quality of life among inmates of Udupi District Jail, Karnataka.

Masters in Social Work

St. Aloysius College (Autonomous), Mangaluru

07/2016 - 05/2018

First Class

Thesis

- A study on the Risk Behavior Patterns among students studying professional courses.

AREAS OF EXPERTISE

Individual interventions

Family interventions

Community Mental Health

Capacity building

Life Skills Training

OTHER EXPERIENCES

COVID Support with DMHP Udupi (04/2020 - 06/2020)

Volunteered as counselor for the COVID Support Helpline with the District Mental Health Program, district of Udupi, Karnataka.

TOT Workshop on Adolescent Mental Health (ICMR Funded)

Participated for the 'Training of Trainers' Workshop for Adolescent Mental Health facilitated by Department of Psychiatry, Kasturba Medical College, Manipal.

Paper Presentation at 38th IPSW Annual Conference (2020)

Presented paper on 'Substance abuse and high risk sexual behavior among professional course undergraduates' at 27th Indian Society of Professional Social Work Annual Conference held at Central Institute of Psychiatry, Ranchi.

Paper Presentation at 39th IPSW Annual Conference (2019)

Presented paper on 'A Study on Patterns of Risk Behaviors among undergraduates' at 26th Indian Society of Professional Social Work Annual Conference held at National Institute of Mental Health & Neurosciences, Bengaluru.

Mukthi- Project for Prevention of substance abuse

Facilitated the educational project to prevent substance use and abuse for school children in Mangaluru.

MEMBERSHIP

Indian Society of Professional Social Work (2019 - Present)

Lifetime Member (LM1112)

Association of Psychiatric Social Work Professionals (03/2021 - Present)

Lifetime Member

LANGUAGES

Kannada
Native or Bilingual Proficiency

English
Full Professional Proficiency

Hindi
Professional Working Proficiency

Tulu
Limited Working Proficiency

KEY COMPETENCIES & INTERESTS

Interpersonal Skills

Empathetic Listening

Public Speaking

Common Mental Disorders

Community Mental Health

Industrial Mental Health