



St. Joseph's College of Commerce (Autonomous)
#163, Brigade Road, Bengaluru - 560025, Karnataka.

CURRICULUM VITAE

Name: Michele Pereira

Designation: Student Counselor

Email-ID (Official): michele@sjcc.edu.in

Education:

M.Sc Psychology (Clinical), Sampurna Montfort College, Old madras Rd, Indira Nagar,
Bengaluru, Karnataka- 560038

B.A in Psychology, English Literature, Journalism in St Joseph's University 36, Lal Bagh Main
Rd, Langford Gardens, Bengaluru, Karnataka 560027

Personal Website: Blog:

<https://michelle582541612.wordpress.com/blog-2/>

Area of Specialisation:

- **Clinical Psychology** – Trained in assessment and therapy for emotional, behavioural, and cognitive issues in children and adults.
- **Therapeutic Techniques** – Experienced in behaviour therapy, relaxation techniques, and supportive counselling.
- **Child and Adolescent Psychology** – Worked with ADHD, ASD, learning difficulties, and emotional concerns in children.
- **School and Career Counselling** – Conducted workshops on mental health, academic stress, and career guidance.
- **Community Mental Health** – Participated in outreach, psychoeducation, and mental health awareness programs.
- **Positive Psychology & Indian Psychology** – Applied strengths-based approaches and culturally relevant frameworks.
- **Suicide Prevention** – Completed certification in suicide prevention and awareness training.

Work Experience:

Name of the Institution	Position Held	Experience from – to	Total Years of Experience
St Joseph's High School, Briand Square, Bangalore.	Counselor	November 2024- February 2025	4 months
St. Joseph's College of Commerce	Student Counselor	May 2025-	

Language proficiency:

English : listening, Speaking, Reading, Writing.

Kannada: listening, Speaking, Reading, Writing.

Hindi : listening, Speaking, Reading, Writing.

Konkani: listening, Speaking, Reading.

