



Dr. A. John Balaiah M.A. CP (USA), Ph.D.

Counselling Psychologist

Head, Department of Counselling Psychology

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Objectives

- To work for the professional development of the students of the department of Counselling Psychology
- To bring visibility to the department of Counselling psychology through launching innovative programmes
- To nurture psychological healing and health to the clients seeking counselling
- To work for the capacity building of young minds by helping them to know their strengths and unused opportunities from a psychological perspective.
- To help the young people to understand and overcome their psychological difficulties and help them to learn to be self reliant and manage their problems and lives effectively.
- To help the institution to reach greater heights by adding the all important therapeutic psychological dimension of human development and thus fulfill the vision and mission of the institution

Education

- Ph. D in Psychology. Specialist in REBT (Rational Emotive Behaviour Therapy), Department of Psychology, University of Mysore, Karnataka, 2012
- M.A in Clinical Counselling Psychology. Graduated from Loyola University, Chicago, USA (2001) in Clinical Counseling Psychology.
- M.A in English Literature, University of Madras, 1994

Focus Areas

- Teaching, learning and research activities
- Proactive measures in all responsibilities entrusted
- Psychological counseling and Psychotherapy using psychological tools and techniques
- Deals with Mood Disorders, Depression, Anxiety disorders, personality disorders, family disorders, sexual dysfunctions and addictions etc.

- Deals with problems ADHD, Emotional issues such as Anger, Fear, Low self esteem, Lack of self confidence, Conflict situations, Motivations, interpersonal living, Couples and Family Counseling, Youth counseling with special reference to the issues identity, autonomy, intimacy and morality.
- Value Outcome: Behaviour Modifications, Positive Attitudes, Positive Emotions, Life Skills development, Personality development

Work in India & Overseas

- **2024-** **Head, Department of Counselling Psychology, St. Joseph’s College, Trichy**
- 2019- Professor of Counselling Psychology, Department of Counselling Psychology
- St. Joseph’s College, Trichy, TN.
- 2007- - Counsellor, Coordinator for Mentoring, Coordinator JASS, St. Joseph’s College Trichy
- 2003-2006 - Counsellor, Campion Anglo Indian higher Secondary School; Trichy, TN.
- 1999-2003 –Counsellor, Holy Cross Hospitals, St. Elizabeth institutions, Chicago, USA
- 1993- 1998- Lecturer, SVD Vidya Bhavan Philosophate, Bhopal

Academic Contributions

- Instrumental to introduce the formal mentoring programme for the entire college. As the coordinator of Mentoring, he has brought out a work book based on a Behavioral Model “*Mentoring through the Year*” that is used by all the students.
- St. Joseph’s college has been the pioneering institution to introduce and integrate ‘Soft Skills for PG Students’ in the curriculum for 4 credits and III UG students for 2 credit hours .
- As the coordinator of JASS (Joseph’s Academy of Soft Skills), led from the front to train more than 150 Staff Members of St. Joseph’s College, Trichy
- As the Coordinator of Mentoring, wrote and circulated themes, topics and feedbacks for the whole college (Shift One and Shift Two) since 2008
- Organizing secretary for Four International Faculty Development Programmes organized by JASS on Soft Skills for Capacity Building in the years 2021. 2012 , 2022, 2023
- External Expert, Department of Human Excellence Arulanandhar College, Karmathur, Madurai. 2021-

Publications

- Co-Author of a Text book for I PG Students - *Winners in the Making: A primer on soft Skills*
- Co-Author of a Text book for III UG Students – *Straight from the Traits: Securing Soft Skills*
- Co-Author of a Text book for I UG Students -*Befriending English*
- Published a work book On “*Mentoring Through the Year*” for College Students
- Co Editor, *Dodransbicentenneal (175 years), The Souvenir*, published by St. Joseph’s institutions, Trichy

- John Balaiah Ph D & John Love Joy Ph D (3rd Edition) Straight From the Traits: Securing Soft Skills , Volume , Year 2024, Pages 124
- A John balaiah Ph D & John Love Joy Ph D (3rd Edition). Winners in the Making: A primer on Soft Skills , Volume , Year 2018, Pages 241
- Dr. Xavier Alphonse SJ and Dr. John Balaiah. Induction into Jesuit Higher Education, 2016
- John Balaiah and G. Venkatesh Kumar. The Empirical Assessment of the levels of autonomy among adolescents. Progressive outlook, Volume Vol II, No 1, Year 2012, Pages 24
- John Balaiah and G. Venkatesh Kumar. The Impact of REBT on Life Skills. Retell, Volume V.12, Year 2011, Pages 158-164
- John Balaiah. Dynamics of Healing. The Search , Volume Vol.2, Year 2003, Pages 26
- John Balaiah. Dynamics of Healing - From the Counsellor's diary. Bhopal link , Volume Vol.V.No.10, Year 2002, Pages 5-8

Consultancy Services

- Karunya Hospital- Palakkrai, Trichy
- TMCH (Trichy Medical Centre Hospitals) Trichy, Tamil Nadu and provides counseling services to the patients referred.
- JIM (Joseph Institute of Management)

Seminars & Conferences as Resource Person

- At St.Joseph's College, for the past 17 years till date, as the Director of Counselling Centre, ushers the psychological healing and development to the students, staff and parents
- Several seminars on 'The Art and Skills of Mentoring for Lecturers,' 'Interpersonal Living,' 'Leadership skills for Students' Leaders,' 'Life Skills for Non-Teaching Staff' and 'Counseling skills for Professionals' are organized at St.Joseph's College.
- Presented a paper on "Goal setting as a strategy for human resource management" in a National Conference in 2009.
- Resource Person for "Training the Trainers in Soft skills and conducted sessions on Mentor care Programme in colleges" organized by AICHE, New Delhi held in Aluway, Kerala in 2009 and 2010, 2023
- Trained the Lecturers in Selvam Arts and Science College, Nammakal, Tamil Nadu in 2007 & 2008 2014; Trained the lecturers of Don Bosco College, Keela Eral, Toothukudi on "The Art and Skills of Mentoring" in 2014.
- Trained the lecturers in "Life Skills" in St.Mary's College, Tuticorin, Tamil Nadu in 2015
- Trained the lecturers in " Mentoring for the College Teachers" in Annai Velankanni Collge, Tanjore, 2015
- Strengthening Mentoring system in LICET, Loyola College, Chennai, 2022
- Integration of Soft Skills in to the Curriculum, Loyola College, Chennai, 2012
- Trainer for Professors in Mentoring, St. Xavier's College, Palayamkottai, 2014, 2022, 2023

- July 16, 2024. NIT, Trichy. FDP on Work-Life Balance & Mentoring
- Till date ...Trainer in Soft Skills, Consultant Psychologist in Educational institutions, Industries and Professional institutions

Professional Strengths

- Proactive personality who has the capacity to be a listener, learner, leader and coordinator
- Ability to study and learn from the diverse needs of the organizations and the stakeholders and adopts to the local situations with sensitivity and purpose
- Professional counselor with multicultural exposure both in India and abroad
- Endorses technology in Research Learning process in higher education
- Excellent organizer, communicator, moderator and negotiator
- Ardent desire to improve interpersonal relationships and deal with conflicting situations
- Engaged in the formation and Counselling of adolescents and young adults for the past three decades
- Embraces the values of hard work, disclosures, transparency, accountability, inclusive approach, team work, honesty, congruence and loyalty to the institution

Hobbies : Music, Plays Key Board, Guitar

Languages known: English, Tamil, Hindi