

1<sup>st</sup> June 2019

**TO WHOM IT MAY CONCERN**

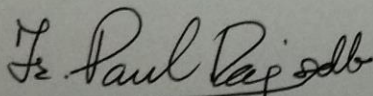
I am glad to inform that **MR. CHRIS M JAYACHANDRAN**, a PhD (Part-time) Research Scholar of the University of Madras, with his research theme being “**Application of Machine Learning to administer Cognitive Behavioural Therapy for Personality Disorders**” under the guidance of the Research Supervisor Dr. K. Shyamala; has successfully completed his Internship from 9<sup>th</sup> January 2018 to 1<sup>st</sup> June 2019. He conducted around 100 Psychotherapy Sessions, and acquired “Basic Practitioner in Neuro-Linguistic Programming” Certification from National Federation of Neuro-Linguistic Programming, Florida, USA, facilitated through the workshop by us, in this period.

During this internship, he has fine-tuned his practical knowledge on organizing Counselling Sessions and Psychotherapy interventions, especially Cognitive-Behavioural Therapy (CBT) by devising his own techniques; for various students, adolescents, and older people, by getting deputed as the ‘School Counsellor’ at St. Mary’s Anglo Indian Higher Secondary School, Broadway, Chennai, from 9<sup>th</sup> January 2018 to 30<sup>th</sup> March 2019.

Furthermore, he excelled and delivered appreciably well on entrusted assignments such as the Resource Person for a teachers’ skills-enhancement workshop at Rosary Matriculation Higher Secondary School, Santhome, Chennai; and other data collection tasks such as on the theme “Youth Well-being”.

Throughout this internship tenure, I found him extremely inquisitive, tenacious, and hard working. He was very much interested to learn all the functions of a Psychological Counsellor catering to the needs of many stakeholders. He was willing to put his best efforts and get in to the depth of the domains of Psychological Issues, Personality Disorders, Behaviour Modification, and Psychotherapy.

I wish him all the best in his future endeavours.



Fr. Paul Raj SDB

Director

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