

Name: Isaac Wilson
Designation / Course: Lecturer
Department: Health Psychology
Institution: Malla Reddy University



Email ID: i.wilson@mallareddyuniversity.ac.in

Contact Number: 9944974161

I am a dedicated psychology professional currently, serving at Malla Reddy University (Hyderabad) as a Lecturer, Health Psychology. Advanced studies with a strong foundation in clinical and counselling practices. My expertise lies in child and adolescent mental health, sports psychology, and quantitative research using SPSS, Research assistant KU Leuven, Belgium.

Educational Qualifications

- M.Sc. Counselling Psychology and Psychotherapy | Sacred Heart College
- BA English Literature | Sacred Heart College

Teaching & Research Experience (past and present)

- Research Assistant: Facilitated data collection across India for a project funded by KU Leuven, Belgium, focusing on social research regarding friendship in the digital age
- Research Author: Conducted and published a quantitative study on "Forgiveness, Psychological Tolerance, and Spiritual Maturity" presented at an International Conference (Augraha, Dindigul in-tie with Poland University).
- Academic Contributor: Assisted the department in website building and organized various research forums.

Areas of Interest / Specialization (Skills / Expertise)

- Specializations: Child & Adolescent Counselling, Sports Psychology, and Relationship/Couple Counselling.
- Technical Skills: SPSS (Statistical Package for the Social Sciences), Data Collection, and Psychological Assessment.
- Soft Skills: Public Speaking, Crisis Intervention, and Intercultural Communication.

Major/Minor research projects: (If applicable)

- KU Leuven Social Research: Lead surveyor for a project investigating "Friendship in the Digital Age."
- Sustainable Housing Innovation: Built a working model of a sustainable house and a space-saving model for cattle (innovation-focused).

Awards/Achievements / Certifications/Memberships/Resource persons

- Certifications: Professional training in Holotropic Breathwork, Healing the Inner Child, Hypnotherapy, and Art Therapy

- Achievements: Sports Counsellor at SGFC (AIFF ++ accredited academy)
- Observer Internship at NIMHANS (National Institute of Mental Health and Sciences).
- Successfully organized Psyche-expo, attracting over 1,000 students.