

Dr. Safarulla, N.V.M, Ph. D

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Dr. Safarulla completed his Ph. D in Psychology from Bharathiar University, India, with the specialty of Behavior Modification. He is well-experienced in teaching and practice in Psychology. Extensively trained and practiced in the management of Behavioral Disorders and has managed more than 15000 counseling and therapy sessions. Dr Safarulla is the founder Secretary of AIP (Association of Interventional Psychologists- India) and a life member of IAAP (Indian Academy of Applied Psychology). He is also a Founder member, 'Kanivu' Charitable trust for medical and palliative mission, Calicut

The present focus and research area of interest is Behavioral Family Therapy.. Since 2013, works as a faculty and examiner for Postgraduate courses in Psychology and also an approved project supervisor at IGNOU, New Delhi. Evaluated more than 300 PG projects in Psychology and Internships, as University examiner. He is also an adjunct Faculty & Research Supervisor at MLC University, Shillong, India- since 2021. He has presented research papers at many national and international conferences and seven of his research works got published in national and international journals

Present:

- Alpha Behavior Therapy and Counseling, Chevayur, Calicut
- The 'Shore' Family Counseling Centre, Atholy, Calicut

PROFESSIONAL EXPERIENCE

Teaching:

- Adjunct Faculty & Research Supervisor: MLC University, Shillong, India- since 2021
- Teaching Faculty (Part time) & Examiner: at IGNO University, 2010- to present
- Faculty Chief, BMT (Diploma in Behavior Modification Therapy, Excel- ED, Cochin, approved by STED Council, India) Since 2020 - to present

Practice:

Visiting Consultant:

1. KIMS Trust Hospital, Calicut (Since 2012 to 2017)
2. Al Salama Hospital, Vengara (2015- 2017),
3. Prasanthi Ayurveda hospital, Kondotty (2017-to present)
4. Director & Psychologist at Expro Finishing Schools, Calicut, (2016- 2021)

- Training:** Extensive experience in training workshops for Government and private institutions, NGOs, Hospitals etc. Government-level projects included:
1. 'Brief CBT Techniques' for Psychosocial Counselors in Wynad District- 2022
 2. District Program Director, Palakkad: 'Personality Enrichment Program for SC students of High School in Palakkad' 2018
 3. District teachers training, Wynad, 'Workshop in Parenting Skills'- 2009

EDUCATION:

- **Doctorate,** Ph.D in Psychology Bharathiar University, Coimbatore, India, 2008-2013
- **Masters,** M.Sc- in Applied Psychology Bharathiar University, India, 2004-2006
- **P.G.Diploma** Guidance and Counseling, Annamalai University, 2007
- **Bachelors,** B.D.S. - in Dentistry Calicut Medical College, 1990-1995

CERTIFICATIONS

- Trainers Training Certificate: (Bodhi Training Solutions, Bangalore)
- Counselling Skills: PG Dip in Guidance & Counseling (Annamalai University)
- NLP- Neuro Linguistic Programming: (Mukthi Sadan, Cochin)
- TA - 101 -Transactional Analysis- (Nitya Gurukula, Coimbatore)
- Public Speaking (JCI- Junior Chamber International)

RESEARCHES:

Published Articles:

- Safarulla, NVM (2023). Application of Structural Approach in Behavioral Marital Therapy. Bridging Minds- Interventional Approaches. Conference proceedings of the first National Conference of Association of Interventional Psychologists, Nehru Arts and Science College, Coimbatore.
- Safarulla, NVM (2023). Behavioral Marital Therapy Interventions: Essential Tool- Kit for Marital Enrichment Training. Positive Psychology, Bangalore: Jain University (In Press)
- Safarulla, N.V.M. (2018). Behavioral Interventions for Early Teeth Loss. Proceedings of National Conference on Health & Wellbeing, 2018 Conference, Central University of Tamilnadu, Thiruvavur., India.
- Safarulla, N.V.M. (2013). Effect of Corrective Dental Treatments on Self -Esteem among Teenagers. *Preston Journal of Social Sciences, Vol. 4, No.1, Mar. 2013,(12-20)*
- Safarulla, N. V. M. (2013). Hypnosis and evidence based Psychotherapy. *Education Plus*.New Delhi: APH Publishing Corporation, Vol.1. No.1,357-361
- Safarulla, N.V.M. (2012). Work Value of Private and Government Doctors in Kerala: A comparative Study. *International Journal of Education and Society*. New Delhi
- Safarulla, N. V. M. & Shamsuddin, H. (2012). Relationship of Salivary Flow and Psychological Variables: A Review. *Indian Journal of Health, Research and Welfare,3 (4),949- 951.*

Conference Presentations:

- Safarulla, N.V.M. (2010). Effect of Corrective Dental Treatments on Self - Esteem among Teenagers". International Conference of Indian Academy of Applied Psychology, Vizag, India.
- Safarulla, N.V.M. (2012). Relationship of Type A Personality and Periodontitis. Abstract Published in the book of abstracts. International Conference of IAAP, Ernakulam
- Safarulla, N.V.M. (2014). Multifaceted Behavioral interventions for Tomophobia. National Conference on Psychological Well being, Coimbatore, India
- Safarulla, N.V.M. (2016). Comprehensive Behavioral Treatments for Obsessive Compulsive Disorder. International Conference of Indian Academy of Applied Psychology, Bangalore
- Safarulla, N.V.M. (2018). Behavioral Interventions for Early Teeth Loss. National Conference on Health and Well Being, Central University of Tamilnadu, Thiruvapur., India
- Safarulla, NVM (2023). Application of Structural Approach in Behavioral Marital Therapy. Bridging Minds- Interventional Approaches. National Conference of Association of Interventional Psychologists, Nehru Arts and Science College, Coimbatore.

Workshops/Seminars Attended at National Level:

- National work shop on 'Principles and Applications of Cognitive Behavior Therapy', NIMHANS, Bangalore, India. 2009
- National workshop on 'Applications of Behavior Technology', February, Dept of Psychology, Bharathiar university, Coimbatore. 2007
- National Seminar of Applied Psychology, October, , Department of Psychology, Calicut University, 2010
- National Workshop on Research Methodology, November, , NIMHANS, Bangalore, India, 2010.
