

Chippi Elizabeth Biju [Counsellor]

Professional Summary:

As a dedicated and compassionate School Counsellor at Mar Thoma Vidyapeeth, Chippi brings a strong foundation in psychology and evidence-based counseling practices tailored to support the holistic development of students. With professional experience working across age groups—from early childhood through teens Chippi provides individualized and group interventions that address emotional, behavioral, academic, and social needs.

Chippi's background includes working extensively with neurotypical and neurodivergent children, adolescents, teens and individuals with disabilities. As a trained ABA (Applied Behaviour Analysis) therapist, Chippi integrates behaviourally-informed strategies to support students with diverse needs including those on the autism spectrum and those with learning challenges.

At Mar Thoma Vidyapeeth, Chippi is committed to fostering a safe, empathetic, and student-centered environment where every child feels heard, valued, and empowered to succeed both academically and emotionally. Her counseling approach draws from Cognitive Behavioral Therapy (CBT) and Solution-Focused techniques with a strong emphasis on self-regulation, emotional literacy, social skills, and resilience building.

Qualification:

- Masters in Applied Psychology [Counselling Specialization]- University of Mumbai
- Bachelors of Arts in Psychology and History- Sophia College, Mumbai

Key Experience:

- Trainee Counsellor at St. Anthony's High School- Kalina, Mumbai
- Trainee Counsellor at Patuck-Gala College of Commerce and Management- Kalina, Mumbai
- Trainee Counsellor at National Career Service Centre for Differently Abled- Chunabhatti, Mumbai
- Behavioral Therapist at Butterfly Learnings- Thane, Mumbai

Research Work:

- A Master's level thesis on 'Investigating the relationship between exposure to crime shows both non fictional and fictional type on Perceived safety and Trust levels among young adults in terms of forming friendships'

Skills:

- Counselling using evidence-based approaches- CBT [Cognitive Behaviour Therapy], REBT [Rational Emotive Behaviour Therapy] and SFBT [Solution Focused Brief Therapy]
- Comprehensive formal and informal assessments including IQ testing, career related assessments, etc
- ABA [Applied Behaviour Analysis] Therapy
- Research and academic writings