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Dr Chivukula Usha is an Assistant Professor at the Centre for Health Psychology, School of Medical Sciences, University of Hyderabad. Her teaching areas are Personality Theories and Measurement, Counselling Psychology, Life Span Development, Community Health Psychology and Interventions to Chronic Illness. Dr Usha obtained her Master's Degree in Psychology from Andhra University and PhD in Psychology from University of Hyderabad. Dr Usha started her career as a Special Educator at Thakur Hari Prasad Institute of Research and Rehabilitation, after obtaining training in Special Education in Neuro-Physiological Curative Pedagogy. She has an experience of working with children with special needs at CHIREC Public School. She worked as an Assistant Professor in St Francis College for Women, Hyderabad. At St Francis she was also held the responsibility of PG Coordinator for MSc Applied Psychology and Head of the Department, Department of Psychology for a considerable period of time. She was the Project Manager for an online course by Centre for Child Protection, Pontificia Universita Gregoriana, Rome. Along with her regular academic career she also has a vast experience in working as a Psychological Counselling Therapist for Individual's, College Students and Corporates like Thomson Reuters. She has completed a project funded by UGC and is currently a co-investigator for an ICSSR project. Dr Usha has research articles in peer-reviewed national and international journals and books published by Springer, Routledge, Wolter Kluwer and Elsevier. Dr Usha has coordinated several workshops and has been a resource person for many workshops and training programs. She is also a resource person for print and electronic media.