**RESHMA JOSE**

Sampurna Institute of Advanced Studies, Bangalore

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**CERTIFIED MENTAL HEALTH PROFFESSIONAL**

Educational counsellor / Mental Health Therapist / Rehabilitation Counsellor

*Adult and adolescent Treatment / Individual, family, Rehabilitation and Educational Counselling*

**Professional Profile**

A highly skilled, compassionate, empathetic and solution oriented professional dedicated to providing exceptional care for individuals. Demonstrated track record of success working with diverse client population. Effective motivator, communicator and advocate with inherent ability to manage all types of personalities, diffuse stressful situations, proactively diffuse issues and meet and achieve challenging objectives. Strong interpersonal and organisational skills.

Core competencies

* Facilitator / leader
* Individual counselling
* Crisis intervention
* Client assessment / evaluation
* Treatment analysis/ planning

Personal skills

* Ability to set professional boundaries
* Believe in teamwork
* Ability to see client’s issues from different perspectives
* Possess a spontaneous Sense of humour
* Incredible understanding and patience towards people who are in need

**Education**

* Masters in Counselling Psychology from Sampurna Institute Of Advanced Studies, Bangalore, affiliated to Martin Luther Christian University. (Period-2016-2018 April).

Cumulative GPA 3.5/4 [specialization in educational counselling]

* Bachelor of Nursing from St Johns National Academy of Health Sciences with first class in all four years, affiliated to Rajeev Gandhi University.(2011-2016)
* SSSC from Cluny Public School and Junior College affiliated to CBSE board with 75%.(2009-2011)
* SSC: Cluny Public School affiliated to CBSE with 87% in class Ten .(2009).

**Experience**

* 200 hours of supervised practicum in St Joseph’s PU college Bangalore , St Antony’s Public School T.C Palaya Bangalore, St Antony’s PU college TC Palaya Bangalore . Experience of providing individual counselling to students of age 10 to 18 years. Experience of dealing with academic, career and developmental issues.

Experience of providing family counselling.

* Conducted 30 hours of workshop on life skill topics
* Conducted 30 hours of Community Outreach Programme in BOSCO Bangalore

Computer Skill

* Packages: Microsoft Office.

Achievements

* Biblical Fest Elocution winner from 2006-2010 [Sinai Forane]
* poetry writing winner 2007 [ Sinai Forane]
* script Writing winner 2009 [ Sinai Forane]
* essay writing winner 2008 [ Sinai Forane]
* handwriting prize winner at school level 2005 [Ashika State level]

Project

1. : A study to assess the knowledge of nursing staff regarding the usage of body mechanics during selected nursing activities.

Team size: 9

1. A study to assess the correlation between parenting styles and text anxiety in some of the Indian states

Team size: 5

Extra-Curricular Activities

* Poetry writing,
* dancing,
* travelling**,**
* Active participation in college cultural activities, organizing college fest

Personal details

* Date of birth: 02/03/1993
* Languages known: Malayalam, English

Address: VATHALLOOR (H), KONGANDOOR P.O, KOTTAYAM, KERALA