



Dona Wilson

Mental health counselor experienced with students and adults with diverse needs. Knowledgeable in reality therapy and cognitive analytical therapy. Compassionate, understanding, and friendly demeanor. Strong sense of integrity when dealing with clients.

Work Experience

**Intern Counseling
Psychologist,
04/2019- 05/2019**

Carmel Medical and Dental healthcare Centre

- Collect case history and client intakes
- Facilitate and provide additional support and care to clients with some medical conditions.
- Provide therapy sessions

**Intern School
Counselor, 06/2018 –
03/2019**

Christ School (State), Bangalore, Karnataka

JSS Public School, Bangalore, Karnataka

- Observed individual behaviors and suspect actions, and reported issues to supervisory staff.
- Answered inquiries and addressed resolved or escalated issues to management personnel to ensure client satisfaction.
- Facilitated and provided one-on-one support.
- Successfully improved student participation in the classroom through integration of creative role-playing exercises

**Observership,
04/2018- 05/2018**

Kusumagiri Mental Health Center, Kochi, Kerala

- Asked insightful questions to gain deep understanding of rehabilitation work.
- Engaged clients with games, crafts, music, reading and other activities.
- Assisted clients with dressing, hygiene and grooming.
- Reported issues relating to patient care or conditions that might hinder patient well-being

**Community service,
06/2017-02/2018**

Makkala Jeevodaya Orphanage Home, Bangalore

- Teach and assist the children in their academic work
- Provide training and psycho education sessions on various topics

Projects to my credit.

Final year project (Masters)

- The project is titled “**Corporal Punishment (at home) and Psychosocial Factors among Early Adolescents**”

Minor project (Bachelors)

- “**Middle Child Syndrome and its effect on developing criminal behavior in adolescents**”

Professional body memberships:

- Active member of Crestas, the forensic forum (2016-17)
- Student representative of the Psychology Association (2018-19)

Academic Record:

Exam Passed	School / College	University/Board	Year	Grades
Masters in Counseling Psychology	Christ (deemed to be) University, Bangalore	Christ (deemed to be) University	2017-2019	71. 2%
Bachelor of Science Forensic Science	School of Graduate studies, Jain University, Bangalore	Jain University	2014-2017	87%
HSC (Std12 th)	BMM Senior Secondary School, Kerala	Central Board of Secondary Education	2014	75%
SSC (Std10 th)	International Indian School, Dammam, Saudi Arabia	Central Board of Secondary Education	2012	96%

Other Achievements and Certifications

- Presented a paper titled Corporal Punishment and Psychosocial Problems among Early Adolescents at the 7th Annual Interdisciplinary Conference 2019.
- Completed a certificate course in cyber forensics.
- Participated in the 4th International Conference on Counseling, Psychotherapy and Wellness and the 5th Congress of SithCp3 organized jointly by the Ontario Institute for Studies in Education and Christ (Deemed to be University), from 3-6 January, 2019.
- Attended a two week workshop on Cognitive Behavior Therapy held in Christ University and certified in the same.
- Experience in working with various therapeutic approaches and case conceptualizations using Gestalt, CBT, reality therapy and CAT.
- 1 year experience in working with students from grade 1-12 and helping them cope with the stressors at school and home and perform better at an academic level.

Soft Skills

- Good public relations and positive, collaborative demeanour
- An understanding of the developmental, emotional, social and educational issues of children and young people
- An awareness of a range of needs of people from diverse ethnic, cultural and social backgrounds
- Knowledge of mental health and service provisions globally
- Good written and verbal communication skills
- Positive communication and listening skills
- Patience, tolerance, and sensitivity
- Enthusiasm for working with young people

Personal Details:

Name : Dona Wilson
Date of Birth : 21st April 1996.
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Bangalore, 560029
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E-Mail : donawilson1996@gmail.com
Languages Known : English, Malayalam and Hindi

Declaration

I hereby declare that all the above mentioned statements are true to the best of my Knowledge.

(Dona Wilson)