

RINCYMOLA

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Core Competencies

- Active Listener
- Critical thinking
- Problem Solving Skills
- Psychosocial Assessments
- Mental Health
- Team Player
- Helpful Mind
- Patience
- Empathy
- Good Communication
- Quick Learner

Academics Details

- **MSW in Medical and Psychiatry**
Mahatma Gandhi University,
Kerala ~2015
Grade(63%)
- **Bachelor of Economics**
Mahatma Gandhi University,
Kerala ~2013
Grade(70%)

Personal Details

- **Languages Known:** English, Malayalam
- **Date of Birth:** 25th Jan' 1993
- **Permanent Address:**
Vattamkandathil (H),
Thalayolaparambu(P.O),
Kottayam (D.T), Pincode:
686605

Objective

Diligent Social worker with 3+ years of experience assisting clients with building coping mechanisms to address life life challenges. Skilled in mediating family members to resolve conflicts. Comfortable handling stress and performing under pressure.

Profile Summary

- Collaboration with doctors, nurses and other health care professionals to rehabilitate clients with intellectual disabilities.
- Evaluate client needs based on medical records; observations from family members, doctors, and other health care professionals.
- Practiced harm reduction methods, and applied my knowledge base of the biology of addiction, the psychology of addiction.
- Evaluate current research and emphasize critical thinking and analysis of the current controversies in the addiction field in relevance to mental illness.
- Managing a daily caseload of adults receiving inpatient treatment for chronic mental illness symptoms;
- Psychosocial assessments, treatment plans, discharge plans, and group, family, and individual therapy sessions with adults.

Recent Employment Details



NHM Covid-19 Brigade Counsellor I Kottayam District Hospital I Aug' 20 – Oct' 21

- Counselling the Covid patients over telephone.
- Psychosocial assessment
- Psychosocial education
- Helping them to overcome the stress, anxiety, worry, or fear.
- Acknowledge your feelings of the patients.
- Helping them to maintain your day-to-day activities and a routine as much as possible.
- Follow up with the patients post Covid.
- Generating a sense of realistic hope.
- Pre and post covid counselling and if find any psychiatric problems with the patients, reporting them to the Psychiatrist.



Psychiatric Counsellor | District Health & Family Welfare Society (Arogyakeralam), Kottayam | Mar' 19 – Mar' 20

- Provided psychosocial and diagnostic assessment of clients using the Department of Mental Health documentation.
- Delivered individual and family psychotherapy sessions.
- Work with individuals and groups to promote optimal mental health.
- Formulated treatment plans and goals with clients and families.
- Psychosocial assessment
- Psychosocial education
- Developed treatment plans with family members in an effort to maintain the patient comfortable in their home.

Previous Employment Details

- **Psychiatric Social Worker Cum Counselor I Mercy Multispecialty Hospital, Kottayam I Aug' 15 – Aug' 16**

Highlights:

- Investigate patient's case history and present the information to the multidisciplinary mental health team.
- Education to patients and family members regarding illness, treatment, medication management and psychosocial rehabilitation services.
- Pre and Post operative counseling. Helping patients and family members to make their own decisions and their own discharge plan.
- Organized various group activities, occupational therapies, individual and group counseling, psycho education and de-addiction classes for patients.

Notable Accomplishments across the Career

- Has successfully completed one month block field work in Medico Social Work Department in St. John's Medical College, Bangalore
- Has successfully completed block field work in Psychiatric Social Work at Cardinal Speciality Hospital, Kottayam
- National Certificate in Modular employable skills, computer Fundamentals And MS-Office & Internet
- One Day Workshop on marital therapy
- State Level Workshop on project planning and writing
- Awarded certificate in Counselling And Home Management

~REFERENCES WILL BE PROVIDED WHEN NEEDED~

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