



## Sneha Mathew

### Contact

#### Address

Pereppadan, Assarikad p.o,  
Payyanam, 680751

#### Phone

9846862560

#### Email

snehamathew3663@gmail.com

### Additional Skills

- Empathy
- Positive regard
- Problem solving
- Critical thinking
- High communication skill

### Professional Summary

Patient and compassionate individual completed Masters in Social work with the specialization in Medical and Psychiatry and now looking for Social Worker position at Reliance Care; ready to utilize exceptional people and communication skills to help patients, ability to help determine problems, assist people to find help, and to enhance the growth of the organization.

### Work Experience

05/2021- 07/2021

#### **District Mental Health Office, Idukki, Kerala**

Psychosocial Tele Counselor

As part of District Mental Health Program, I have Assisted more than five hundred post covid patients during pandemic by giving psycho social support through volunteer counseling. I have used the skills of empathy, active listening, and positive regard throughout the counseling process

06/2022 - 07/2022

#### **National Institute of Mental Health and Neuroscience, Bangalore, Karnataka**

Block placement Trainee

I completed my block placement training at National Institute of Mental Health and Neuroscience Bangalore. During my period of training, i was posted in Adult Psychiatry, Geriatric unit, Family Therapy, Neurosurgery and Psychiatric Rehabilitation. I have done psycho social assessment, case work, group work, psycho education, rounds,case presentation and learnt about various mental health services throughout my training.

03/2022 - 05/2022

#### **Aswin Hospital, Coimbatore, Tamil Nadu**

Field work trainee

I completed my concurrent fieldwork in medical social work at Aswin hospital under a renowned cancer department as part of social work curriculum. During my fieldwork i have done psycho social assessment, case presentations, case work, group work and community organization programs.

06/2021 - 07/2021

#### **Trichur District Cooperative Hospital, Thrissur, Kerala**

Field worker

As part of the MSW curriculum, i completed my concurrent fieldwork training at Thanal Counseling, Learning Disorder, Speech Therapy centre in cooperative hospital Thrissur. During my period of training, I learnt about various mental health disorders ,treatment plans and also got firsthand knowledge and exposure in counseling and therapies.

### Education

09/2020 - 08/2022

**Bharathiar University, Coimbatore**

### Master of Social Work ( MSW)

I completed my masters in social work with the specialization of Medical and Psychiatry from India's 15 th ranked University, Bharathiar University Coimbatore . The major papers which i had in my masters are psychology, sociology, research, counseling and guidance, public health, medical social work, psychiatric social work, social case work, social group work and also completed various certificate course on child rights, school social work and Cognitive Behavioural Therapy.

01/2022 - 03/2021

### Indian Institute of Technology, Guwahati

Human Behaviour

I completed an 8 week online certification course in human behaviour from Indian institute of technology Guwahati as part of National Program On Technology Enhanced Learning (NPTEL)

06/2017 - 07/2020

### Sree Kerala varma college,Thrissur, Kerala

BA Language and Literature

## Languages

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English	—	Advanced
Malayalam	—	Proficient
Tamil	—	Intermediate

## References

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