

REEBA MATHEW

PROFESSIONAL SOCIAL WORKER



EXPERIENCE

NAVAJEEVAN TRUST, KOTTAYAM

TRAINEE SOCIAL WORKER

Provided referral services, recreational therapies, community services and other programmes for patients, especially to a good number of elderly people. As a psychiatric social worker, I could help in rehabilitation as it helps the patient to return to a normal life after a serious injury or illness. Maintained case records and prepared reports of the patient's health and al.so about the daily activities.

SACRED HEART HOSPITAL,PAYNKULAM, THODUPUZZHA

TRAINEE SOCIAL WORKER

I have assessed the patients and developed a specific plan of care for them. Also provided counselling and therapy services to the patients. Specially functioned for the psychiatric patients and advocated for their mental health. I interviewed admitted patients, members of their families, staff of hospital, and other community members to decide the plans and treatments to be provided to the patient.

ARPOOKARA GRAMA PANCHAYATH AND NEENDOOR GRAMA PANCHAYATH
KOTTAYAM

TRAINEE SOCIAL WORKER

Working with Arpookara grama panchayath to ensure the safety of families under the panchayath and providing them necessary emotional, financial, social and medical support during and after the pandemic. Visited clients at their home or even places of work to ensure COVID-19 safety.

OTTECKALLA KOODEYUNDU KOTTAYAM PROGRAM

COVID 19 TELE - COMMUNITY COUNSELLOR

Served in the COVID 19 Community Counselling Support Team as part of 'Otteckalla Koodeyundu Kottayam Program'. A joint initiative of Local Self Govt Department, Kudumbasree, Health Department, Kerala Institute of Local Administration (KILA) and Kerala Association for Professional Social Work (KAPS) Kottayam district during the month of June July 2021

SWAMI VIVEKANANDA MEDICAL MISSION, ATTAPPADY

TRAINEE SOCIAL WORKER

During this tenure, I assisted in the implementation of various community work programs, such as Community Mental Health Program (CMHP), Adolescent Girls Health Project (AGHP) etc. I was specifically involved in taking follow up and providing home care for psychiatric patients under the CMHP project, monitoring works and adolescent girls' group formation for AGHP project. I also got the experience of organizing medical camps and trainings.

ORC- OUR RESPONSIBILITY TO CHILDREN PROGRAM-UNDER
THE WOMEN & CHILD DEVELOPMENT DEPARTMENT, KOTTAYAM

ORC TRAINER

Currently working as a life skill educator in ORC Kottayam. It's a module-based training for children up to 5th grade to 12th grade. Teaching them life skills to sustain throughout their life, to build self-confidence, to encourage critical thinking, to foster independence and help people to communicate more effectively.

ABOUT ME

Professional social worker with over a year of interning/trainee experience in providing high quality care and support to people who are socially excluded or who are experiencing problems in their lives. Having a consistent track record of working successfully with individuals, families, or groups, all within a variety of settings. Possessing an in-depth understanding of relevant legislation, procedures and techniques required. Extensive knowledge of social work principles, techniques and practices and their application to complex cases, group work, and community issues. Ability to work positively with clientele in both therapeutic and clinical capacities I am a nice fun and tactful person, I am always up for new challenges.

CONTACTS

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Kottayam 686008
Kerala, India

SKILLS

// TECHNICAL SKILLS

Microsoft Word

Microsoft Powerpoint

// PRO SKILLS

Counselling Skills

Interpersonal Skills

Communication Skills

Networking & Collaborative Skills

Active Listening

Accurate Assessment

Community Work



EDUCATION

- 2021
2019
2019
2016
2016
2014
- MASTER OF SOCIAL WORK - MEDICAL AND PSYCHIATRY
MAHATMA GANDHI UNIVERSITY, KERALA.
Jai Bharath Arts and Science College, Perumbavoor
- B.SC.- BOTANY
MAHATMA GANDHI UNIVERSITY, KERALA.
K. E College, Mannanam. Kottayam
- PLUS TWO
St. Ephrem's Higher Secondary School, Mannanam
Passed with 80 % merit.
- SSLC
St. Philominas Girls High School, Villonni, Kottayam.
Passed with 93 % merit.



CERTIFICATE COURSES

COUNSELING PSYCHOLOGY
TRADA INSTITUTE OF SOCIAL SCIENCES
SRC Community College



HIGHLIGHTS

- Counseled minors who had been removed from their home/placement regarding individual and family problems.
- Monitored ongoing recovery and facilitated communication between families and community support teams.
- Conducted individual, group and family sessions for improved communication, relationship building and goal achievement.
- Handled risk assessments and risk management from a child psychotherapy perspective.



HOBBIES AND INTERESTS

Writing
Fine Art
Reading
Resourcing
Music and Movies

DECLARATION

I hereby declare that all the information given above is true and correct to the best of my knowledge.

REEBA MATHEW

LANGUAGE

ENGLISH - Fluent
MALAYALAM - Native
HINDI - Proficient
TAMIL - Intermediate

ADDITIONAL SKILLS

Emotional stability
Strong communication skills
An analytical mind
An ability to pick up on social cues
Great organizational skills
Commitment to learning
Listening and compassion

REFERENCES

Mrs. DEEPTI RAJ

HOD
Jai Bharath Arts and Science College,
Perumbavoor

Contact: [REDACTED]

Dr. NIA ZERA IGNATIUS

Program Director
C-Dit Communications
I&PRD, Trivandrum

Contact: [REDACTED]

*References available upon request